



Macaroni Primavera

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli flowerets fresh
- ☐ 3 large carrots sliced
- ☐ 1 cup curd cottage cheese
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.3 teaspoon hot sauce
- ☐ 8 ounce macaroni uncooked
- ☐ 1 tablespoon mustard prepared
- ☐ 3 tablespoons parmesan cheese freshly grated

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 4 quarts water
- ☐ 1 cup baby squash fresh yellow coarsely chopped

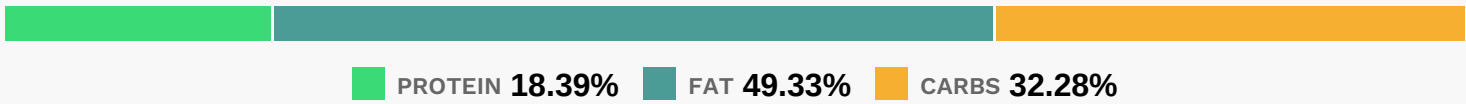
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Bring 4 quarts water to a boil in a large Dutch oven; add macaroni, and cook 4 minutes.
- ☐ Add sliced carrot, and cook 2 minutes; add broccoli flowerets, and cook 2 minutes. Stir in squash, and cook 1 minute; drain.
- ☐ Combine cottage cheese and next 5 ingredients in a large bowl; stir in pasta mixture, mushrooms, mozzarella cheese, and half of Cheddar cheese. Spoon into a lightly greased 2-quart baking dish; sprinkle with Parmesan cheese and remaining Cheddar cheese.
- ☐ Bake at 375 for 20 minutes, shielding with foil after 15 minutes to prevent overbrowning if necessary.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:18.499130306037%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 363.3kcal (18.16%), Fat: 20.1g (30.93%), Saturated Fat: 11.19g (69.91%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 26.98g (9.81%), Sugar: 4.95g (5.5%), Cholesterol: 60.1mg (20.03%), Sodium: 607.52mg (26.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Vitamin A: 5349.7IU (106.99%), Selenium: 32.34µg (46.21%), Phosphorus: 294.53mg (29.45%), Vitamin C: 23.97mg (29.06%), Calcium: 281.37mg (28.14%), Vitamin K: 27.99µg (26.65%), Manganese: 0.41mg (20.51%), Vitamin B2: 0.35mg (20.32%), Zinc: 1.98mg (13.21%), Copper: 0.25mg (12.44%), Vitamin B12: 0.68µg (11.31%), Potassium: 388.85mg (11.11%), Magnesium: 44.19mg (11.05%), Fiber: 2.62g (10.49%), Vitamin B6: 0.21mg (10.28%), Folate: 40.17µg (10.04%), Vitamin B5: 0.92mg (9.23%), Vitamin B3: 1.48mg (7.39%), Vitamin B1: 0.1mg (6.78%), Vitamin E: 0.81mg (5.43%), Iron: 0.91mg (5.04%), Vitamin D: 0.2µg (1.34%)