



Macaroni with Cream and Cheese

READY IN



40 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces cavatappi dried
- ☐ 0.7 cup crème fraîche
- ☐ 1 cup mild feta crumbled
- ☐ 2 large garlic cloves minced
- ☐ 0.5 teaspoon oregano dried crumbled (preferably Mexican)
- ☐ 0.8 pound poblano chiles fresh (4)
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 large onion white cut lengthwise into 1/4-inch-wide strips (1 3/4 cups)

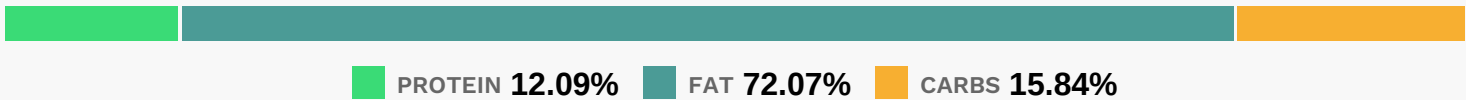
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Lay poblanos on their sides on racks of gas burners, then turn flames on moderately high. Roast poblanos, turning occasionally with tongs, until skins are blistered and charred, 4 to 6 minutes. (Alternatively, broil poblanos on a broiler pan about 2 inches from heat, turning occasionally with tongs, 8 to 10 minutes.)
- ☐ Transfer poblanos immediately to a large bowl and cover.
- ☐ Let steam 10 minutes, then peel or rub off skins and discard stems, seeds, and ribs.
- ☐ Cut poblanos into 1/4-inch-thick strips.
- ☐ Cook onion with salt in butter in a 12-inch heavy skillet over moderately low heat, stirring occasionally, until onion is golden, 10 to 12 minutes.
- ☐ Add poblanos, serrano, garlic, and oregano and cook, stirring, until fragrant, about 1 minute.
- ☐ Remove from heat.
- ☐ While onion is browning, cook pasta in a large pot of boiling salted water until tender, 14 to 15 minutes. Reserve 1/4 cup pasta-cooking water, then drain pasta in a colander.
- ☐ Add pasta to chile mixture along with crema and reserved cooking water. Increase heat to high and cook, tossing, until pasta is well coated, about 1 minute. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:7.9404347979504%

Flavonoids

Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg, Luteolin: 2.67mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 166.84kcal (8.34%), Fat: 13.72g (21.11%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.48g (1.99%), Sugar: 3.28g (3.64%), Cholesterol: 39.14mg (13.05%), Sodium: 357.4mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin C: 47.06mg (57.04%), Calcium: 155.36mg (15.54%), Vitamin A: 652.68IU (13.05%), Phosphorus: 117.46mg (11.75%), Vitamin B6: 0.18mg (9.18%), Selenium: 5.76µg (8.23%), Vitamin B12: 0.4µg (6.72%), Manganese: 0.13mg (6.29%), Vitamin B2: 0.1mg (5.97%), Vitamin K: 6.21µg (5.92%), Potassium: 185.15mg (5.29%), Fiber: 1.3g (5.2%), Zinc: 0.74mg (4.93%), Vitamin D: 0.62µg (4.13%), Magnesium: 15.68mg (3.92%), Vitamin B1: 0.06mg (3.68%), Vitamin E: 0.53mg (3.5%), Copper: 0.06mg (3.07%), Folate: 11.75µg (2.94%), Vitamin B5: 0.25mg (2.47%), Iron: 0.37mg (2.06%), Vitamin B3: 0.35mg (1.75%)