



Noodle Gratin with Cheese, Corn, and Roasted Pepper

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



526 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups egg noodles cooked uncooked
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1 cup corn frozen thawed
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon butter light melted
- ☐ 2.5 cups milk 1% low-fat divided

- ☐ 0.3 cup roasted peppers red chopped
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces cheddar cheese reduced-fat
- ☐ 1 ounce sandwich bread white

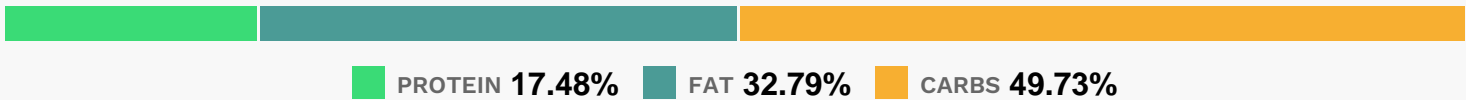
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Pour 1 1/2 cups milk into a saucepan; cook over medium heat 1 minute or until warm.
- ☐ Whisk remaining 1 cup milk and flour in a bowl until flour dissolves.
- ☐ Add to pan; cook, stirring constantly, 8 minutes or until bubbly. Reduce heat to low; add cheese, salt, black pepper, and nutmeg. Stir until cheese melts.
- ☐ Add corn, roasted red bell pepper, and cheese sauce to noodles. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Place bread in a food processor; pulse 5 times or until coarse crumbs measure 1/2 cup.
- ☐ Combine breadcrumbs and melted butter; sprinkle over noodle mixture.
- ☐ Bake at 450 for 10 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:82.19, Glycemic Load:24.5, Inflammation Score:-7, Nutrition Score:20.387391530949%

Nutrients (% of daily need)

Calories: 525.64kcal (26.28%), Fat: 19.37g (29.81%), Saturated Fat: 9.65g (60.32%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 62.55g (22.75%), Sugar: 8.48g (9.43%), Cholesterol: 92.92mg (30.97%), Sodium: 784.94mg (34.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.47%), Selenium: 55.01µg (78.58%), Phosphorus: 488.64mg (48.86%), Calcium: 480.21mg (48.02%), Manganese: 0.69mg (34.41%), Vitamin B2: 0.48mg (28.09%), Vitamin B12: 1.42µg (23.73%), Zinc: 3.39mg (22.62%), Magnesium: 78.81mg (19.7%), Vitamin B1: 0.26mg (17.41%), Vitamin A: 800.34IU (16.01%), Vitamin B6: 0.29mg (14.53%), Fiber: 3.55g (14.2%), Folate: 56.51µg (14.13%), Potassium: 478.65mg (13.68%), Vitamin D: 2.03µg (13.53%), Vitamin B5: 1.29mg (12.85%), Copper: 0.22mg (11.21%), Vitamin B3: 2.2mg (11%), Iron: 1.9mg (10.56%), Vitamin C: 8.4mg (10.18%), Vitamin E: 0.64mg (4.28%), Vitamin K: 1.4µg (1.33%)