



WHATShEATE



Pasta with Cheese and Broccoli

READY IN



45 min.

SERVINGS



6

CALORIES



684 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons all purpose flour
- ☐ 2 pounds broccoli flowers
- ☐ 4 tablespoons butter
- ☐ 0.5 cup cheddar cheese
- ☐ 0.3 cup cream cheese
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup heavy cream
- ☐ 1 cup milk

- ☐ 0.5 teaspoon mustard
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup parmesan cheese
- ☐ 1 pound soup noodles dried
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup vegetable broth

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

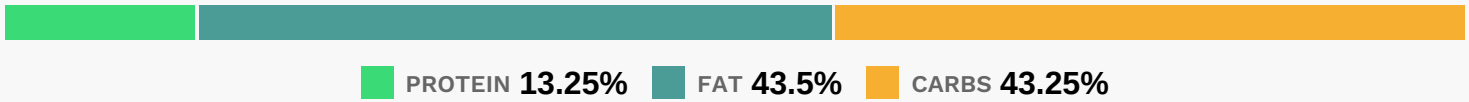
Directions

- ☐ Cook the broccoli in boiling salted water.
- ☐ Remove the broccoli from the water using a slotted spoon and set aside. Cook the pasta in the same water until al dente.
- ☐ Drain well and keep warm. While pasta cooks, heat butter in a large saucepan over medium heat.
- ☐ Add the onions and cook for 3 minutes, add the garlic and cook for 1 more minute, stirring occasionally.
- ☐ Add the flour, cumin, paprika, salt and pepper. Stir well.
- ☐ Whisk in milk and raise heat a little to bring to a quick boil.
- ☐ Add the broth , mustard and heavy cream. Simmer sauce to thicken, about 5 minutes.
- ☐ Add the cream cheese and stir well.
- ☐ Add the broccoli , cheddar and parmesan cheese and stir to combine.
- ☐ Drain pasta and add to the sauce. Preheat the oven to 400F.
- ☐ Transfer the pasta to individual baking casseroles and bake for 15 minutes, then turn the oven to broil and cook, 2 to 3 minutes.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:78.67, Glycemic Load:28.16, Inflammation Score:-9, Nutrition Score:32.151304535244%

Flavonoids

Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 11.94mg, Kaempferol: 11.94mg, Kaempferol: 11.94mg, Kaempferol: 11.94mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 683.77kcal (34.19%), Fat: 33.6g (51.68%), Saturated Fat: 20.16g (126.01%), Carbohydrates: 75.17g (25.06%), Net Carbohydrates: 68.42g (24.88%), Sugar: 8.93g (9.92%), Cholesterol: 94.41mg (31.47%), Sodium: 642.99mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Vitamin C: 136.26mg (165.16%), Vitamin K: 157.06µg (149.58%), Selenium: 60.53µg (86.47%), Manganese: 1.07mg (53.7%), Vitamin A: 2195.07IU (43.9%), Phosphorus: 429.88mg (42.99%), Calcium: 345.68mg (34.57%), Folate: 123.63µg (30.91%), Vitamin B2: 0.47mg (27.72%), Fiber: 6.74g (26.98%), Potassium: 804.23mg (22.98%), Vitamin B6: 0.46mg (22.83%), Magnesium: 89.66mg (22.42%), Zinc: 2.64mg (17.62%), Vitamin B1: 0.25mg (16.86%), Vitamin B5: 1.63mg (16.25%), Copper: 0.32mg (15.93%), Iron: 2.51mg (13.96%), Vitamin E: 2.07mg (13.79%), Vitamin B3: 2.61mg (13.07%), Vitamin B12: 0.52µg (8.66%), Vitamin D: 1.18µg (7.87%)