



Paula's Mac and Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound elbow macaroni
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 cups grape tomatoes halved
- ☐ 4 cups milk
- ☐ 1 cup panko bread crumbs Japanese breadcrumbs
- ☐ 1 teaspoon salt

- ☐ 3 cups sharp cheddar shredded
- ☐ 3 tablespoons butter unsalted

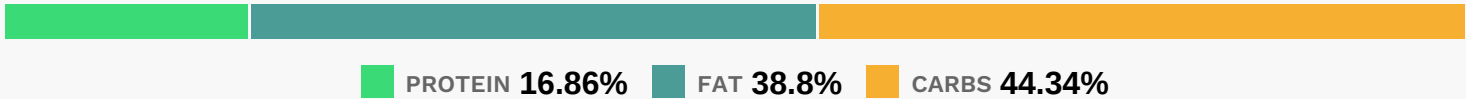
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F. Spray a 13-by-9-inch baking dish with cooking spray.
- ☐ Cook the pasta until tender.
- ☐ Drain. In a small bowl, combine the panko and parsley. Set aside.
- ☐ In a large saucepan over medium heat, melt the butter.
- ☐ Add the flour, stirring constantly with a whisk. Gradually add the milk, stirring constantly until smooth.
- ☐ Add the cheese, stirring constantly until thick and creamy.
- ☐ Add the macaroni, tomatoes, basil and salt. Spoon into the prepared baking dish. Top with the reserved panko mixture.
- ☐ Bake until golden and bubbly, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:7.07, Inflammation Score:-8, Nutrition Score:21.002173714016%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:

0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 558.02kcal (27.9%), Fat: 23.98g (36.89%), Saturated Fat: 13.37g (83.58%), Carbohydrates: 61.66g (20.55%), Net Carbohydrates: 58.89g (21.41%), Sugar: 8.76g (9.74%), Cholesterol: 68.3mg (22.77%), Sodium: 675.69mg (29.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.89%), Selenium: 54.74µg (78.2%), Calcium: 484.6mg (48.46%), Phosphorus: 454.74mg (45.47%), Vitamin K: 38.4µg (36.57%), Manganese: 0.7mg (34.78%), Vitamin B2: 0.47mg (27.5%), Vitamin A: 1183.67IU (23.67%), Zinc: 3.1mg (20.65%), Vitamin B12: 1.14µg (19.05%), Vitamin B1: 0.28mg (18.53%), Magnesium: 65.68mg (16.42%), Potassium: 445.26mg (12.72%), Folate: 49.13µg (12.28%), Copper: 0.23mg (11.63%), Vitamin B3: 2.27mg (11.36%), Vitamin D: 1.67µg (11.17%), Vitamin B6: 0.22mg (11.1%), Fiber: 2.77g (11.09%), Vitamin B5: 0.99mg (9.9%), Iron: 1.75mg (9.71%), Vitamin C: 6.46mg (7.83%), Vitamin E: 0.74mg (4.96%)