



Pimiento Cheesy Mac

READY IN



20 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 2 cups cheddar shredded yellow extra-sharp
- ☐ 1 teaspoon mustard dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic grated finely chopped
- ☐ 6 servings kosher salt
- ☐ 1 pound macaroni whole-wheat or any short cut pasta or short cut pasta
- ☐ 2 cups milk room temperature

- ☐ 0.3 cup onion grated very finely chopped
- ☐ 1.5 teaspoons paprika
- ☐ 4 ounce pimientos drained chopped

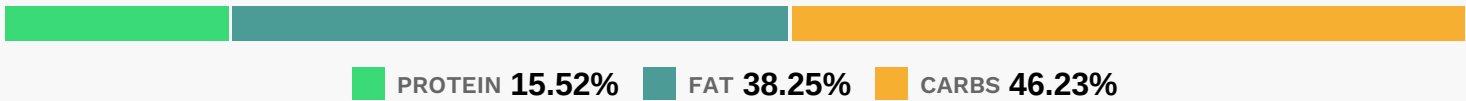
Equipment

- ☐ whisk
- ☐ pot
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large sauce pot of water to a boil. Salt the water, add the pasta and cook to al dente.
- ☐ Meanwhile, in another sauce pot, melt the butter over medium heat, add the garlic and onions and saute until translucent and fragrant. Stir in the flour and cook for 1 minute more.
- ☐ Whisk the milk into the sauce and heat until thickened. Season with the paprika, dry mustard and black pepper, to taste. Melt in the cheese.
- ☐ Drain the pasta, and add it to the sauce along with the pimientos.
- ☐ Serve immediately or transfer it to a shallow dish and brown under the hot broiler for a crunchy top.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:4.31, Inflammation Score:-8, Nutrition Score:19.579999923706%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 575.58kcal (28.78%), Fat: 24.42g (37.58%), Saturated Fat: 13.79g (86.19%), Carbohydrates: 66.43g (22.14%), Net Carbohydrates: 63.11g (22.95%), Sugar: 7.06g (7.85%), Cholesterol: 67.49mg (22.5%), Sodium: 539.63mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.59%), Selenium: 62.22µg (88.89%), Phosphorus: 414.99mg (41.5%), Manganese: 0.79mg (39.48%), Calcium: 391.38mg (39.14%), Vitamin A: 1491.31IU (29.83%), Vitamin C: 20.33mg (24.65%), Vitamin B2: 0.37mg (21.69%), Zinc: 2.92mg (19.47%), Magnesium: 65.42mg (16.36%), Vitamin B12: 0.85µg (14.24%), Fiber: 3.32g (13.28%), Vitamin B6: 0.26mg (13.06%), Copper: 0.26mg (12.99%), Vitamin B1: 0.17mg (11.13%), Potassium: 389.28mg (11.12%), Iron: 1.78mg (9.88%), Vitamin B3: 1.84mg (9.18%), Vitamin B5: 0.84mg (8.41%), Folate: 32.07µg (8.02%), Vitamin D: 1.12µg (7.47%), Vitamin E: 0.95mg (6.33%), Vitamin K: 4.43µg (4.22%)