



Pimiento Macaroni and Cheese

READY IN



60 min.

SERVINGS



8

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons butter
- ☐ 1.3 cups cornflakes cereal crushed
- ☐ 3 ounces cream cheese fat-free softened
- ☐ 12 oz evaporated milk fat-free canned
- ☐ 3 cups milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red divided
- ☐ 1 pound cellentani pasta uncooked corkscrew

- ☐ 4 oz pimientos diced drained
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sharp cheddar cheese 2% reduced-fat
- ☐ 8 oz ham smoked chopped

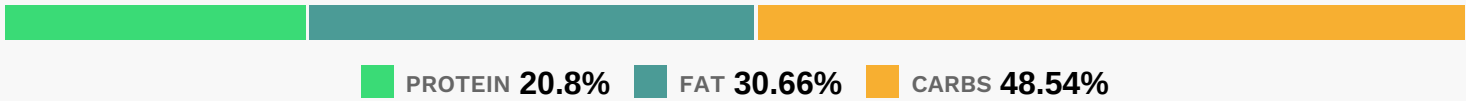
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Prepare cellentani pasta according to package directions.
- ☐ Meanwhile, melt 2 Tbsp. butter in a Dutch oven over medium heat. Gradually whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk and evaporated milk until smooth; cook, whisking constantly, 8 to 10 minutes or until slightly thickened.
- ☐ Whisk in cheese, salt, and 1/8 tsp. ground red pepper until smooth.
- ☐ Remove from heat, and stir in ham, pimiento, and pasta.
- ☐ Pour pasta mixture into a 13- x 9-inch baking dish coated with cooking spray. Stir together crushed cereal, 1 Tbsp. melted butter, and remaining 1/8 tsp. ground red pepper; sprinkle over pasta mixture.
- ☐ Bake at 350 for 30 minutes or until golden and bubbly.
- ☐ Let stand 5 minutes before serving.
- ☐ Note: We tested with Barilla Cellentani.

Nutrition Facts



Properties

Glycemic Index:44.28, Glycemic Load:21.07, Inflammation Score:-8, Nutrition Score:19.893043497334%

Nutrients (% of daily need)

Calories: 496.32kcal (24.82%), Fat: 16.85g (25.93%), Saturated Fat: 9.36g (58.48%), Carbohydrates: 60.04g (20.01%), Net Carbohydrates: 57.63g (20.96%), Sugar: 12.01g (13.34%), Cholesterol: 62.45mg (20.82%), Sodium: 857.01mg (37.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.46%), Selenium: 46.94µg (67.06%), Phosphorus: 523.59mg (52.36%), Calcium: 437.36mg (43.74%), Vitamin B2: 0.51mg (29.93%), Manganese: 0.58mg (28.89%), Vitamin A: 1118.67IU (22.37%), Zinc: 3.1mg (20.67%), Vitamin C: 16.52mg (20.02%), Vitamin B12: 1.15µg (19.24%), Magnesium: 71.89mg (17.97%), Iron: 2.99mg (16.59%), Potassium: 572mg (16.34%), Vitamin B1: 0.23mg (15.04%), Vitamin B6: 0.29mg (14.7%), Copper: 0.27mg (13.72%), Folate: 47.6µg (11.9%), Vitamin B3: 2.32mg (11.59%), Vitamin B5: 1.05mg (10.55%), Fiber: 2.41g (9.63%), Vitamin D: 1.34µg (8.92%), Vitamin E: 0.56mg (3.72%), Vitamin K: 2.72µg (2.59%)