



## Roasted Pumpkin Macaroni

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 ancho chiles stemmed seeded
- 0.3 cup cilantro leaves fresh chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 14.5 oz macaroni & cheese dinner kraft
- 2 cups pumpkin cubed peeled (1 inch)
- 0.8 cup milk mozzarella cheese shredded 2% kraft

### Equipment

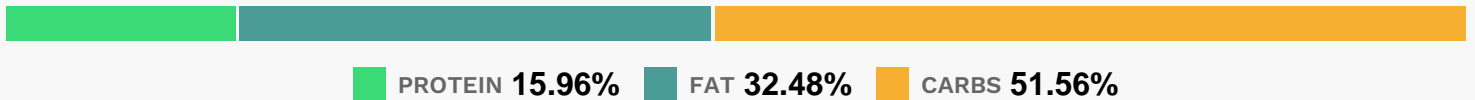
- bowl

- frying pan
- sauce pan
- oven
- blender
- aluminum foil

## Directions

- Heat oven to 425F.
- Toss pumpkin with dressing; spread onto bottom of foil-lined shallow pan.
- Bake 20 min. or until pumpkin is tender, stirring after 10 min.
- Meanwhile, place peppers in small bowl.
- Add enough hot water to cover peppers; let stand 15 min. or until softened.
- Remove peppers from liquid. Discard all but 1/2 cup liquid. Blend peppers and reserved liquid in blender until smooth.
- Prepare Dinners in large saucepan as directed on package, using the Light Prep directions. Stir in pepper pure, pumpkin, mozzarella and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:11.470869443987%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 247.95kcal (12.4%), Fat: 9.14g (14.07%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 30g (10.91%), Sugar: 4.9g (5.45%), Cholesterol: 8.3mg (2.77%), Sodium: 504.41mg (21.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Vitamin A: 4892.51IU (97.85%), Phosphorus: 265.54mg (26.55%), Manganese: 0.36mg (17.8%), Calcium: 138.37mg (13.84%), Vitamin K: 13.64µg (12.99%), Potassium: 377.12mg (10.77%), Fiber: 2.67g (10.68%), Iron: 1.89mg (10.49%), Vitamin B2: 0.17mg (9.87%), Magnesium: 31.06mg

(7.77%), Zinc: 1.16mg (7.74%), Vitamin C: 5.51mg (6.68%), Vitamin B6: 0.1mg (4.78%), Vitamin B3: 0.95mg (4.77%), Vitamin E: 0.7mg (4.63%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.26µg (3.22%), Copper: 0.06mg (2.99%), Folate: 10.15µg (2.54%), Vitamin B5: 0.19mg (1.88%), Vitamin B1: 0.03mg (1.72%)