



Roasted Vegetable Macaroni and Cheese

READY IN



45 min.

SERVINGS



10

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces elbow macaroni cooked uncooked
- ☐ 0.8 pound eggplant diced peeled
- ☐ 0.5 cup flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 2.8 cups milk 1% low-fat
- ☐ 2 cups mushrooms sliced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion coarsely chopped
- ☐ 1 Dash paprika

- ☐ 3 ounces parmesan cheese fresh divided grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 ounces sharp provolone cheese shredded
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup bell pepper yellow coarsely chopped
- ☐ 1 cup zucchini sliced quartered

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 8 ingredients in a large shallow roasting pan; toss well.
- ☐ Bake at 450 for 30 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from oven; set aside. Reduce oven temperature to 37
- ☐ Place flour in a large saucepan. Gradually add milk, stirring with a whisk until blended. Cook over medium heat 8 minutes or until thick, stirring constantly.
- ☐ Add provolone cheese, 1/2 cup Parmesan cheese, salt, and pepper; cook 3 minutes or until cheese melts, stirring frequently.
- ☐ Remove from heat; stir in roasted vegetables and macaroni.Spoon mixture into a 3-quart casserole coated with cooking spray.
- ☐ Combine remaining 1/4 cup Parmesan cheese and paprika, and sprinkle over macaroni mixture.
- ☐ Bake at 375 for 20 minutes or until bubbly.

Nutrition Facts



 **PROTEIN 22.34%**  **FAT 28.1%**  **CARBS 49.56%**

Properties

Glycemic Index:39.17, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:13.887391194053%

Flavonoids

Delphinidin: 29.15mg, Delphinidin: 29.15mg, Delphinidin: 29.15mg, Delphinidin: 29.15mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 205.75kcal (10.29%), Fat: 6.52g (10.03%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 22.99g (8.36%), Sugar: 6.75g (7.5%), Cholesterol: 14.9mg (4.97%), Sodium: 286.39mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin C: 51.34mg (62.23%), Calcium: 264.53mg (26.45%), Selenium: 17.84µg (25.48%), Phosphorus: 237.96mg (23.8%), Vitamin B2: 0.31mg (18.1%), Manganese: 0.35mg (17.4%), Vitamin A: 803.04IU (16.06%), Vitamin B6: 0.24mg (12.19%), Potassium: 407.84mg (11.65%), Fiber: 2.88g (11.51%), Folate: 44.1µg (11.03%), Vitamin B12: 0.63µg (10.5%), Vitamin B1: 0.15mg (10.28%), Vitamin B3: 1.89mg (9.46%), Magnesium: 35.71mg (8.93%), Vitamin B5: 0.89mg (8.87%), Zinc: 1.3mg (8.69%), Copper: 0.17mg (8.64%), Vitamin D: 0.84µg (5.58%), Iron: 0.99mg (5.52%), Vitamin E: 0.55mg (3.68%), Vitamin K: 3.53µg (3.36%)