



Skillet Mac and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cauliflower florets
- ☐ 0.3 teaspoon ground pepper
- ☐ 1.3 cups bread crumbs whole-wheat
- ☐ 1.5 cups elbow macaroni cooked for 3 minutes less than the package directions (3 cups
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 ounce gruyere cheese shredded
- ☐ 3 cups milk 1% low-fat cold ()
- ☐ 2 teaspoons ground mustard

- ☐ 2 teaspoons olive oil
- ☐ 0.8 teaspoon paprika
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces cheddar cheese shredded extra-sharp

Equipment

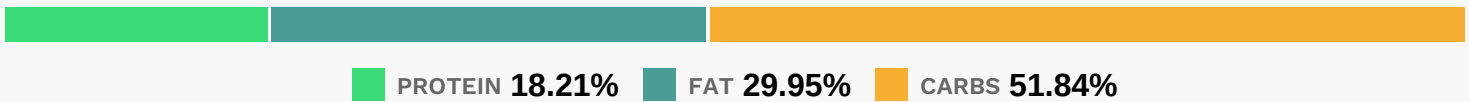
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Place the cauliflower into a steamer basket fitted over the pot, cover, and steam until just tender, about 5 minutes. Finely chop the steamed cauliflower.
- ☐ In a small bowl, combine the bread crumbs, Parmesan, and oil.
- ☐ In a large saucepan, whisk together the milk and flour until the flour is dissolved.
- ☐ Whisking constantly, bring the mixture to a gentle boil over medium heat. Reduce the heat to medium low and simmer until the mixture thickens slightly, 2 to 3 minutes. Stir in the cheddar, Gruyère, mustard powder, paprika, salt, black pepper, and cayenne pepper.
- ☐ Whisk until the cheeses are melted and the mixture is smooth, 1 to 2 minutes.
- ☐ Add the chopped cauliflower and macaroni and stir until well coated.
- ☐ Spray an ovenproof 10-inch high-sided skillet with cooking spray.
- ☐ Pour the mixture into the prepared skillet.

- ☐ Sprinkle with the bread crumb mixture, place on a baking sheet, and bake until the top is browned and the cheese is bubbly, 35 to 40 minutes.
- ☐ SERVING SIZE 1 1/4 cupsPER SERVING Calories 360; Total Fat 14 g (Sat Fat 8 g; Mono Fat 4.7 g; Poly Fat 0.8 g); Protein 20 g; Carb 40 g; Fiber 5 g; Cholesterol 40 mg; Sodium 540 mgEXCELLENT SOURCE OF Calcium, Iodine, Magnesium, Manganese, Phosphorus, Protein, Riboflavin, Selenium, Vitamin CGOOD SOURCE OF Copper, Fiber, Folate, Iron, Niacin, Pantothenic Acid, Potassium, Thiamin, Vitamin A, Vitamin B6, Vitamin B12, Vitamin D, Vitamin K, Zinc
- ☐ Comfort Food Fix
- ☐ BEFORE540 cal., Sat. Fat 20g; Chol. 195mg; Fiber 1g, Sodium 940mgAFTER360 cal., Sat. Fat 8g; Chol. 40mg; Fiber 5g, Sodium 540mg
- ☐ Comfort Food Fix
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Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.58, Inflammation Score:-6, Nutrition Score:16.338695546855%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 414.19kcal (20.71%), Fat: 14.41g (22.18%), Saturated Fat: 6.84g (42.75%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 51.79g (18.83%), Sugar: 8.36g (9.29%), Cholesterol: 36.9mg (12.3%), Sodium: 604.32mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.43%), Selenium: 35.73µg (51.05%), Calcium: 404.11mg (40.41%), Phosphorus: 365.86mg (36.59%), Vitamin C: 20.68mg (25.07%), Manganese: 0.45mg (22.54%), Vitamin B2: 0.36mg (20.98%), Vitamin B12: 1.08µg (17.99%), Fiber: 4.37g (17.48%), Zinc: 2.33mg (15.55%), Iron: 2.55mg (14.15%), Vitamin A: 693.34IU (13.87%), Magnesium: 50.82mg (12.7%), Potassium: 410.53mg (11.73%), Vitamin B6: 0.22mg (10.81%), Vitamin B1: 0.16mg (10.79%), Folate: 41.43µg (10.36%), Vitamin D: 1.48µg (9.87%), Vitamin B5: 0.96mg (9.62%), Vitamin K: 7.45µg (7.09%), Copper: 0.14mg (6.99%), Vitamin B3: 1.2mg (6.02%),

Vitamin E: 0.62mg (4.13%)