



Smoked Gouda Macaroni and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 cups elbow macaroni hot cooked uncooked
- ☐ 2 cups skim milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 2 ounces gouda cheese smoked shredded
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1.5 ounces parmesan fresh grated

- ☐ 0.5 teaspoon salt
- ☐ 5 cups pkt spinach fresh coarsely chopped
- ☐ 1 ounce bread whole wheat

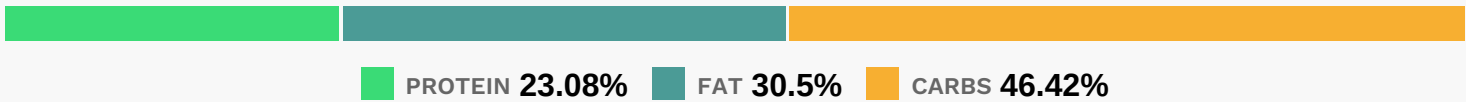
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place bread in a food processor, and pulse 10 times or until coarse crumbs measure 1/2 cup.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onions and garlic; cook 1 minute.
- ☐ Add flour; cook 1 minute, stirring constantly. Gradually add milk, salt, and pepper, stirring constantly with a whisk until blended. Bring to a boil; cook until thick (about 2 minutes).
- ☐ Add cheeses; stir until melted.
- ☐ Add spinach and macaroni to cheese sauce, stirring until well blended. Spoon mixture into a 2-quart baking dish coated with cooking spray.
- ☐ Sprinkle with breadcrumbs.
- ☐ Bake at 350 for 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:114.4, Glycemic Load:16.6, Inflammation Score:-10, Nutrition Score:24.170434702998%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 314.31kcal (15.72%), Fat: 10.68g (16.42%), Saturated Fat: 6.31g (39.42%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 33.73g (12.26%), Sugar: 7.62g (8.47%), Cholesterol: 34.59mg (11.53%), Sodium: 713.39mg (31.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Vitamin K: 195.61µg (186.29%), Vitamin A: 4079.92IU (81.6%), Calcium: 449.72mg (44.97%), Selenium: 29.14µg (41.63%), Manganese: 0.8mg (39.89%), Phosphorus: 365.94mg (36.59%), Folate: 97.83µg (24.46%), Vitamin B2: 0.37mg (21.55%), Magnesium: 73.91mg (18.48%), Vitamin B12: 1.06µg (17.71%), Potassium: 519.11mg (14.83%), Vitamin C: 12.18mg (14.76%), Zinc: 2.15mg (14.34%), Vitamin B1: 0.18mg (12.28%), Vitamin B6: 0.24mg (11.97%), Fiber: 2.84g (11.35%), Iron: 1.98mg (10.98%), Vitamin D: 1.47µg (9.81%), Copper: 0.16mg (8.13%), Vitamin B5: 0.72mg (7.21%), Vitamin E: 1.02mg (6.8%), Vitamin B3: 1.32mg (6.58%)