



WHATSheATE



Soy-Free Mac n' Cheese



Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp cornstarch
- ☐ 1 tsp garlic powder
- ☐ 1.3 cups plant-based milk
- ☐ 2 tbsp miso paste yellow
- ☐ 1 tsp onion powder
- ☐ 0.5 tsp paprika
- ☐ 0.3 tsp turmeric
- ☐ 1.3 cups soup noodles whole wheat uncooked

Equipment

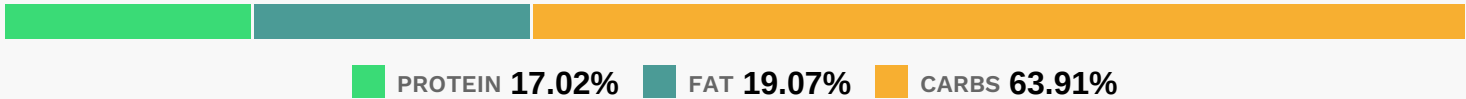
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook pasta according to directions, immediately drain, rinse with cold water and set aside.
- ☐ Whisk all remaining ingredients together in a saucepan over medium heat. Bring to a near boil and turn heat down to low. Stirring occassionally, allow the sauce to thicken up.
- ☐ Combine with macaroni, stirring to coat.
- ☐ Garnish with smoked paprika if desired.

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ 80gDietary Fiber12.80gSugars0.20gProtein20.70g

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:15.989565215681%

Nutrients (% of daily need)

Calories: 297.96kcal (14.9%), Fat: 6.56g (10.09%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 47.87g (17.41%), Sugar: 8.57g (9.53%), Cholesterol: 18.3mg (6.1%), Sodium: 698.07mg (30.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Manganese: 1.36mg (68.17%), Selenium: 32.28µg (46.11%), Phosphorus: 291.67mg (29.17%), Calcium: 220.08mg (22.01%), Magnesium: 84.43mg (21.11%), Vitamin B1: 0.3mg (19.97%), Vitamin B2: 0.31mg (18.5%), Vitamin B12: 0.84µg (13.95%), Zinc: 2.09mg (13.91%), Copper: 0.27mg (13.41%), Vitamin B6: 0.26mg (13.1%), Iron: 2.19mg (12.18%), Vitamin B3: 2.33mg (11.63%), Potassium: 395.68mg (11.31%), Vitamin D: 1.68µg (11.18%), Vitamin A: 545.05IU (10.9%), Vitamin B5: 1.03mg (10.3%), Folate: 26.49µg (6.62%), Fiber: 1.57g (6.28%), Vitamin K: 5.99µg (5.71%), Vitamin E: 0.27mg (1.78%)