



Spicy Baked Macaroni

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cups bread crumbs
- ☐ 2 tablespoons butter softened
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 10 ounce pkt spinach frozen thawed drained
- ☐ 2 cloves garlic chopped
- ☐ 1 pound elbow macaroni pasta
- ☐ 2 cups mozzarella cheese cubed
- ☐ 0.5 pound mushrooms assorted quartered

- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup romano
- ☐ 10 servings salt

Equipment

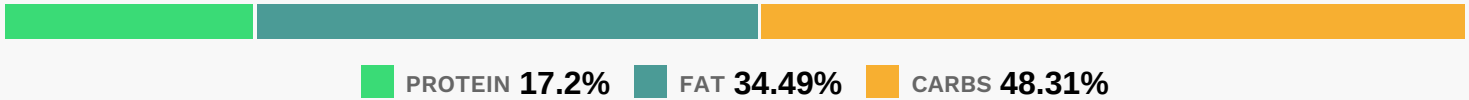
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta.
- ☐ In a large skillet, heat the olive oil over medium heat.
- ☐ Add the mushrooms, onion, and garlic. Cook until the mushrooms are tender and the onion is golden, about 7 minutes.
- ☐ Add the tomatoes, spinach, and red pepper flakes. Stir to combine and cook until heated through, about 5 minutes.
- ☐ In a small bowl, mix together the bread crumbs, 1/4 cup Parmesan, and 1/4 cup Romano.

- ☐
- Spread the softened butter in a 9 by 13-inch glass baking dish and sprinkle half of the bread crumb mixture inside the dish to coat.
- ☐
- In a large bowl combine the vegetable mixture with the cooked macaroni, cubed mozzarella, the remaining Parmesan and Romano cheeses, and the nutmeg. Spoon into the prepared baking dish, top with the remaining bread crumb mixture, and dot the top with the remaining butter.
- ☐
- Bake until the top is golden brown, about 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:22.656086978705%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 365.7kcal (18.28%), Fat: 14.17g (21.8%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 40.88g (14.87%), Sugar: 4.75g (5.28%), Cholesterol: 28.02mg (9.34%), Sodium: 543.19mg (23.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.79%), Vitamin K: 111.54µg (106.23%), Vitamin A: 3693.92IU (73.88%), Selenium: 39.01µg (55.73%), Manganese: 0.79mg (39.33%), Phosphorus: 262.02mg (26.2%), Calcium: 244.83mg (24.48%), Vitamin B2: 0.31mg (18.32%), Copper: 0.34mg (17.24%), Folate: 68.42µg (17.11%), Magnesium: 66.04mg (16.51%), Fiber: 3.77g (15.08%), Vitamin E: 2.16mg (14.38%), Vitamin B3: 2.66mg (13.28%), Zinc: 1.93mg (12.85%), Potassium: 445.21mg (12.72%), Iron: 2.25mg (12.5%), Vitamin B1: 0.18mg (12.29%), Vitamin B6: 0.24mg (12.03%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 6.82mg (8.27%), Vitamin B5: 0.78mg (7.8%), Vitamin D: 0.16µg (1.07%)