



Stove-Top Macaroni and Cheese with Roasted Tomatoes

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter melted
- ☐ 8 ounces cheddar cheese shredded
- ☐ 3 cups cherry tomatoes halved
- ☐ 0.3 cup egg substitute
- ☐ 12 ounces elbow macaroni
- ☐ 12 ounce evaporated milk low-fat canned
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1.5 teaspoons kosher salt
- ☐ 3 ounces sourdough bread

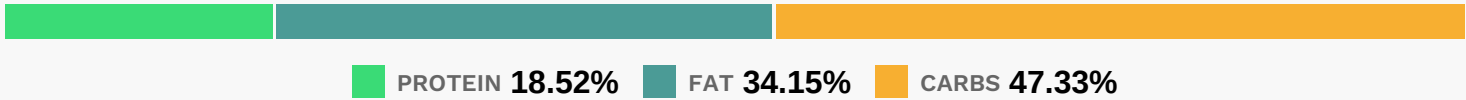
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Place tomatoes in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle with black pepper.
- ☐ Bake at 375 for 30 minutes or until browned, stirring occasionally.
- ☐ While tomatoes cook, place bread in a food processor; pulse 2 times or until crumbly. Toss crumbs with melted butter.
- ☐ Sprinkle the crumbs on a baking sheet, and bake at 375 for 12 minutes or until golden, stirring frequently.
- ☐ Cook macaroni in boiling water 7 minutes; drain. Return macaroni to pan; place over medium-low heat.
- ☐ Add cheese and remaining ingredients; cook 4 minutes or until cheese melts, stirring constantly. Stir in tomatoes.
- ☐ Sprinkle each serving with about 3 tablespoons breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:14.553043479505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 378.25kcal (18.91%), Fat: 14.33g (22.05%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 42.68g (15.52%), Sugar: 7.54g (8.38%), Cholesterol: 42.03mg (14.01%), Sodium: 758.18mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.99%), Selenium: 42.31µg (60.44%), Calcium: 338.29mg (33.83%), Phosphorus: 329.18mg (32.92%), Manganese: 0.52mg (26.03%), Vitamin B2: 0.37mg (21.91%), Vitamin C: 13.63mg (16.52%), Zinc: 2.23mg (14.89%), Vitamin A: 717.77IU (14.36%), Magnesium: 50.18mg (12.54%), Vitamin B1: 0.17mg (11.43%), Potassium: 398.06mg (11.37%), Copper: 0.2mg (10.01%), Folate: 38.65µg (9.66%), Iron: 1.64mg (9.1%), Vitamin B6: 0.17mg (8.42%), Vitamin B3: 1.65mg (8.23%), Fiber: 2.02g (8.07%), Vitamin B5: 0.81mg (8.05%), Vitamin B12: 0.4µg (6.59%), Vitamin E: 0.82mg (5.44%), Vitamin K: 2.83µg (2.69%), Vitamin D: 0.33µg (2.22%)