



Three-Cheese Macaroni

READY IN



32 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 head cauliflower cut into small florets (4 cups)
- 1 pinch cayenne pepper
- 1 large eggs
- 12 ounce evaporated milk whole canned
- 6 servings kosher salt and pepper black freshly ground
- 4 ounces muenster cheese grated (1 ounce)
- 1 pinch nutmeg freshly grated
- 1 ounce parmesan cheese grated
- 9 ounces shells

- 2 ounces sharp cheddar cheese grated

Equipment

- bowl
- whisk
- pot
- blender
- casserole dish
- broiler
- slotted spoon
- immersion blender

Directions

- Whisk the egg, evaporated milk, cayenne, nutmeg, and salt and black pepper to taste in a bowl. Toss the grated cheeses in a separate bowl.
- Bring a large pot of salted water to a boil.
- Add the cauliflower and cook until almost falling apart, about 7 minutes.
- Transfer with a slotted spoon to a bowl.
- Add the pasta to the same water and cook until al dente, about 10 minutes.
- Drain, reserving 1/4 cup cooking water. Preheat the broiler.
- Combine the egg mixture and the grated cheeses in the empty pot and cook over medium-low heat, stirring constantly, until the cheeses melt and the sauce begins to thicken.
- Remove from the heat and add the cauliflower. Puree with an immersion blender until smooth and light (you can also use a regular blender). Stir in some of the reserved pasta water until creamy.
- Toss the pasta in the sauce; season with salt and black pepper.
- Transfer to a shallow casserole dish and top with muenster slices. Broil until golden brown, about 5 minutes.
- Photograph by Kate Mathis

Nutrition Facts

PROTEIN 20.07% FAT 37.49% CARBS 42.44%

Properties

Glycemic Index:43.67, Glycemic Load:13.39, Inflammation Score:-6, Nutrition Score:15.636521588201%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 387.38kcal (19.37%), Fat: 16.13g (24.81%), Saturated Fat: 9.25g (57.79%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 38.69g (14.07%), Sugar: 8.07g (8.97%), Cholesterol: 79.15mg (26.38%), Sodium: 352.09mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.84%), Selenium: 38.1µg (54.43%), Calcium: 416.99mg (41.7%), Phosphorus: 395.3mg (39.53%), Vitamin C: 24.19mg (29.32%), Manganese: 0.49mg (24.72%), Vitamin B2: 0.39mg (22.96%), Zinc: 2.36mg (15.74%), Magnesium: 54.14mg (13.54%), Potassium: 464.94mg (13.28%), Folate: 48.12µg (12.03%), Vitamin B5: 1.08mg (10.84%), Vitamin B6: 0.21mg (10.65%), Vitamin A: 514.99IU (10.3%), Vitamin B12: 0.61µg (10.11%), Fiber: 2.38g (9.53%), Copper: 0.17mg (8.53%), Vitamin K: 8.79µg (8.37%), Vitamin B1: 0.1mg (6.63%), Iron: 1.14mg (6.32%), Vitamin B3: 1.11mg (5.57%), Vitamin D: 0.42µg (2.78%), Vitamin E: 0.41mg (2.76%)