



HEALTH SCORE

66%

Truffled Mac 'N' Cheese



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 head broccoli steamed cut into florets, stalk discarded,
- ☐ 1 cup fontina grated (2 ounces; grate on a microplane)
- ☐ 9 ounce artichoke hearts frozen roughly chopped
- ☐ 1 ounce goat cheese
- ☐ 6 ounces elbow macaroni whole-wheat dry cooked
- ☐ 2 cups mushrooms dried
- ☐ 2 tablespoons truffle oil

- ☐ 0.5 cup parmesan grated
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mushroom caps thinly sliced
- ☐ 1 cup skim milk
- ☐ 1 cup water boiling
- ☐ 3 tablespoons pastry flour whole-wheat

Equipment

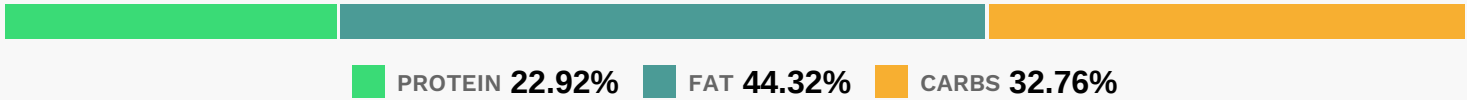
- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Rinse the dried mushrooms well under cold running water to remove dirt.
- ☐ Place in a small bowl along with 1 cup of boiling water. Allow to rest for 15 minutes, then drain, reserving 1/2 cup of the liquid.
- ☐ Heat a large stockpot over medium heat.
- ☐ Add the truffle oil or olive oil, flour, salt, and black pepper. Cook 1 to 2 minutes, stirring often, until a thick paste forms. Reduce the heat to low, add half of the milk, and whisk well to create a soft paste.
- ☐ Whisk in the remaining milk and reserved mushroom liquid.
- ☐ Add the shiitakes and cook 2 to 3 minutes, stirring occasionally, until the mushrooms are soft and a thick mixture forms.
- ☐ Add the Fontina, Parmesan, and goat cheese. Stir together well and cook 1 minute, until the cheese melts.
- ☐ Add the artichokes and cooked pasta. Stir well to coat.
- ☐ Serve immediately with the broccoli on the side.
- ☐ Other
- ☐ Reprinted with permission from The Drop 10 Diet Cookbook by Lucy Danziger, © 2013 Condé Nast

☐ The editor in chief of SELF for more than ten years, LUCY DANZIGER is also the author of the New York Times bestseller The Nine Rooms of Happiness. Four years ago, she lost 25 pounds by eating more superfoods and has kept it off ever since. She is a regular guest on television shows, including Today, The View, and Good Morning America. Danziger lives in New York City with her husband and two children.

Nutrition Facts



Properties

Glycemic Index:66.23, Glycemic Load:10.1, Inflammation Score:-9, Nutrition Score:35.558260689611%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 460.26kcal (23.01%), Fat: 23.7g (36.47%), Saturated Fat: 10.78g (67.35%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 30.44g (11.07%), Sugar: 8.24g (9.15%), Cholesterol: 51.88mg (17.29%), Sodium: 894.87mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.17%), Vitamin C: 139.97mg (169.66%), Vitamin K: 160.76µg (153.1%), Phosphorus: 538.56mg (53.86%), Calcium: 513.18mg (51.32%), Folate: 198.21µg (49.55%), Selenium: 33.51µg (47.87%), Manganese: 0.95mg (47.26%), Vitamin B2: 0.75mg (44.41%), Fiber: 8.99g (35.95%), Vitamin A: 1643.43IU (32.87%), Potassium: 1053.64mg (30.1%), Vitamin B6: 0.59mg (29.29%), Vitamin B5: 2.68mg (26.81%), Vitamin B3: 4.97mg (24.85%), Zinc: 3.57mg (23.8%), Magnesium: 93.4mg (23.35%), Copper: 0.44mg (22.13%), Vitamin B1: 0.27mg (18.27%), Vitamin B12: 1.09µg (18.21%), Vitamin E: 2.39mg (15.95%), Iron: 2.55mg (14.18%), Vitamin D: 1.17µg (7.81%)