



Veggie Mac-and-Cheese

READY IN



65 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli fresh chopped
- 0.5 cup carrots diced
- 1 tablespoon dijon mustard
- 2 large eggs lightly beaten
- 8 ounces elbow macaroni uncooked
- 12 ounce evaporated milk canned
- 2 garlic cloves minced
- 0.3 cup italian-seasoned breadcrumbs
- 2 teaspoons olive oil

- 1 teaspoon pepper freshly ground
- 3 plum tomatoes sliced
- 1 small purple onion diced
- 16 ounce ricotta cheese
- 7 ounce roasted bell peppers diced red drained
- 2 ounces romano cheese shredded
- 1 teaspoon salt
- 1 cup baby squash diced yellow

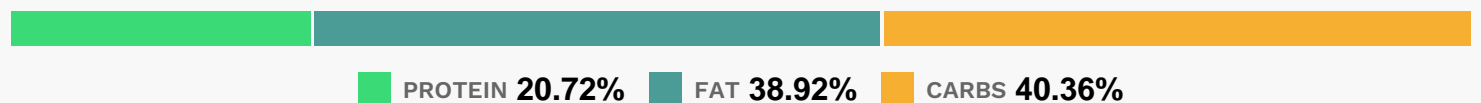
Equipment

- oven
- baking pan
- dutch oven

Directions

- Cook macaroni in a Dutch oven according to package directions; drain and set aside.
- Saut broccoli and next 4 ingredients in hot oil in Dutch oven over medium heat 3 to 4 minutes or until tender.
- Remove from heat; add macaroni, bell pepper, and next 5 ingredients, stirring until blended. Stir in beaten eggs.
- Pour mixture into a lightly greased 13- x 9-inch baking dish. Top with tomato slices; sprinkle with breadcrumbs and Romano cheese.
- Bake, covered, at 350 for 15 minutes; uncover and bake 20 more minutes or until golden.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.48, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:17.803043344746%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 360.85kcal (18.04%), Fat: 15.67g (24.11%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 33.78g (12.28%), Sugar: 7.67g (8.52%), Cholesterol: 95.17mg (31.72%), Sodium: 926.25mg (40.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.55%), Selenium: 34.43µg (49.18%), Vitamin A: 2219.47IU (44.39%), Vitamin C: 29.61mg (35.89%), Calcium: 355.24mg (35.52%), Phosphorus: 350.48mg (35.05%), Manganese: 0.52mg (25.81%), Vitamin B2: 0.42mg (24.81%), Vitamin K: 19.04µg (18.14%), Potassium: 504.47mg (14.41%), Vitamin B6: 0.27mg (13.67%), Zinc: 2.04mg (13.58%), Magnesium: 52.03mg (13.01%), Folate: 50.44µg (12.61%), Fiber: 2.79g (11.15%), Vitamin B1: 0.15mg (10.32%), Copper: 0.2mg (9.93%), Iron: 1.7mg (9.46%), Vitamin B5: 0.93mg (9.34%), Vitamin B12: 0.47µg (7.82%), Vitamin B3: 1.47mg (7.37%), Vitamin E: 0.76mg (5.07%), Vitamin D: 0.44µg (2.94%)