



WHATSheATE



Whole Wheat Spinach Mac n Cheese with Broiled Tomatoes



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces baby spinach
- ☐ 0.5 cup pumpkin puree canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 cups grapes
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.5 cup cheddar shredded reduced-fat
- ☐ 12 ounce nonfat evaporated milk canned
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup part-skim mozzarella
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 8 ounces whole-grain shell pasta
- ☐ 2 tablespoons breadcrumbs whole wheat

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ broiler

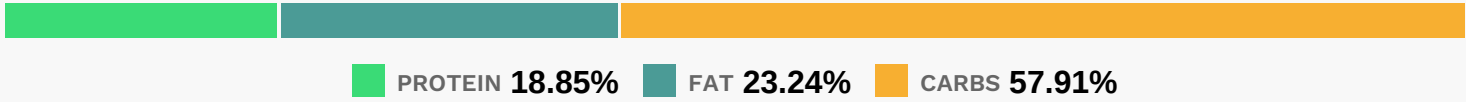
Directions

- ☐ Preheat the broiler to high.
- ☐ Bring a large pot of water to a boil.
- ☐ Add the shells and cook according to package directions.
- ☐ Drain, reserving some of the pasta water and set aside.
- ☐ Meanwhile, arrange the tomatoes, cut-side up, on baking sheet and broil until wrinkled and soft, 4 to 5 minutes.
- ☐ Combine the breadcrumbs, 1 teaspoon of the oil and the Italian seasoning.
- ☐ Sprinkle over the tomatoes. Continue to broil until golden brown, about 1 minute.
- ☐ Heat the remaining 1 tablespoon of oil in a medium saucepan over medium heat.
- ☐ Add the flour and garlic, stirring until the flour turns light brown, about 1 minute.
- ☐ Add the pumpkin puree and evaporated milk, bring to a simmer, stirring, and cook until sauce just begins to bubble and thickens, 4 to 5 minutes. Stir in the Cheddar, mozzarella and

Parmesan, 1/2 teaspoon salt and some pepper. Stir until melted, about 1 minute.

- ☐
- Add the spinach and stir until wilted, about 1 minute.
- ☐
- Add the cooked pasta and stir until coated, thin out with the reserved pasta water as desired.
Divide the mac n cheese, tomatoes and grapes among four plates.

Nutrition Facts



Properties

Glycemic Index:81.75, Glycemic Load:24.9, Inflammation Score:-10, Nutrition Score:29.829999939255%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 521.17kcal (26.06%), Fat: 13.73g (21.13%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 76.98g (25.66%), Net Carbohydrates: 71.69g (26.07%), Sugar: 24.96g (27.73%), Cholesterol: 40.84mg (13.61%), Sodium: 416.66mg (18.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.13%), Vitamin A: 7679.73IU (153.59%), Vitamin K: 126.84µg (120.8%), Selenium: 44.43µg (63.47%), Calcium: 524.83mg (52.48%), Phosphorus: 511.19mg (51.12%), Manganese: 0.94mg (46.99%), Vitamin B2: 0.53mg (31.18%), Potassium: 893.35mg (25.52%), Vitamin C: 21.03mg (25.49%), Magnesium: 96.08mg (24.02%), Fiber: 5.29g (21.16%), Folate: 80.06µg (20.01%), Copper: 0.39mg (19.33%), Zinc: 2.62mg (17.48%), Iron: 3.04mg (16.88%), Vitamin B6: 0.33mg (16.55%), Vitamin B1: 0.21mg (14.23%), Vitamin E: 1.67mg (11.11%), Vitamin B5: 1.1mg (10.98%), Vitamin B3: 2.07mg (10.36%), Vitamin B12: 0.4µg (6.58%), Vitamin D: 0.17µg (1.15%)