

Recipe Analyzer Results

A single serving of this recipe has 461 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 461

% Daily Value\*

Total Fat 21.9g 28%

Saturated Fat 12.7g 63%

Cholesterol 55mg 18%

Sodium 625mg 27%

Total Carbohydrate 40.2g 15%

Dietary Fiber 2.9g 10%

Total Sugars 9.9g

Protein 24.5g

Vitamin D 1mcg 3%

Calcium 608mg 47%

Iron 2mg 13%

Ingredients:

- 375 ml (1 1/2 cups) whole grain macaroni or fusilli
- 10 ml (2 tsp) soft non-hydrogenated margarine
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 125 ml (1/2 cup) finely chopped red bell pepper
- 125 ml (1/2 cup) grated zucchini
- 30 ml (2 tbsp) all purpose flour
- 500 ml (2 cups) skim milk
- 5 ml (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 250 ml (1 cup) shredded light old Cheddar cheese
- 5 ml (1 tsp) Dijon mustard
- 1 pinch fresh ground pepper

Potassium 329mg

7%

## Nutrition Facts

Servings: 4

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**