

# Butternut Squash Whole-Wheat Mac & Cheese

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-coconut-noodles-recipe>

## Ingredients:

- 500 grams noodles organic whole-wheat egg-white
- 1/2 sweet onion such as Vidalia, diced
- 1/4 cup butter softened
- 3 tablespoons flour
- 3 cups whole milk organic
- 1/2 teaspoon Dijon mustard
- 1 1/3 cups butternut squash puree, method below
- 2 cups grated cheese I used a combination of cheddar, Parmesan, and Emmental
- pepper
- salt
- 1/3 cup panko breadcrumbs
- 1/3 cup Parmesan cheese grated, not powdered
- 2 tablespoons coconut unsweetened, shredded
- 1 butternut squash medium, about 2 pounds

## Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 129 grams
3. Cholesterol: 160 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams
6. Protein: 29 grams
7. SaturatedFat: 14 grams
8. Sodium: 530 milligrams
9. Sugar: 17 grams

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