



20-Minute Mac and Cheese

READY IN



20 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 oz shells
- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon pepper
- 12 oz cheddar cheese shredded
- 0.3 cup spring onion sliced
- 0.3 cup bell pepper red chopped

2 cups frangelico

Equipment

sauce pan

whisk

Directions

Cook and drain pasta as directed on package.

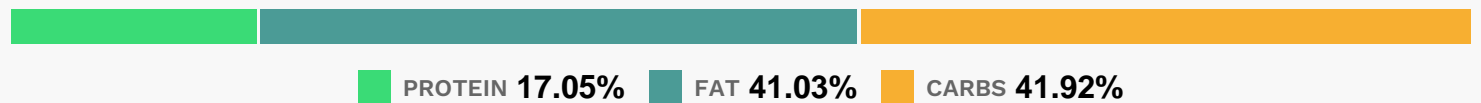
Meanwhile, in 3-quart nonstick saucepan, melt butter over low heat. Stir in flour, salt, mustard and pepper. Cook over low heat 20 seconds, stirring constantly, until butter is absorbed.

Remove from heat; gradually beat in half-and-half with wire whisk.

Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted.

Stir pasta, onions and bell pepper into sauce. Cook, stirring constantly, until hot.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:17.44, Inflammation Score:-6, Nutrition Score:12.610000060952%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 399.94kcal (20%), Fat: 18.13g (27.89%), Saturated Fat: 8.9g (55.62%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 39.78g (14.46%), Sugar: 1.75g (1.95%), Cholesterol: 42.52mg (14.17%), Sodium: 460.23mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.91%), Selenium: 45µg (64.29%), Calcium: 315.98mg (31.6%), Phosphorus: 297.05mg (29.71%), Manganese: 0.51mg (25.37%), Zinc: 2.32mg (15.47%), Vitamin A: 728.61IU (14.57%), Vitamin B2: 0.24mg (14.4%), Magnesium: 40.5mg (10.12%), Copper: 0.17mg (8.41%), Vitamin C: 6.56mg (7.96%), Fiber: 1.9g (7.61%), Vitamin B12: 0.45µg (7.57%), Vitamin K: 7.89µg (7.51%), Folate: 29.4µg (7.35%), Vitamin B1: 0.09mg (6.22%), Vitamin B6: 0.12mg (5.9%), Vitamin B3: 1.17mg (5.83%), Iron: 0.98mg (5.44%), Potassium: 169.26mg (4.84%), Vitamin B5: 0.43mg (4.28%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.26µg (1.7%)