



20-Minute Mac and Cheese

READY IN



20 min.

SERVINGS



8

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 0.3 cup spring onion sliced
- 0.5 teaspoon ground mustard
- 2 cups half and half
- 14 oz shells
- 0.3 teaspoon pepper
- 0.3 cup bell pepper red chopped
- 0.5 teaspoon salt

12 oz cheddar cheese shredded

Equipment

sauce pan

whisk

Directions

Cook and drain pasta as directed on package.

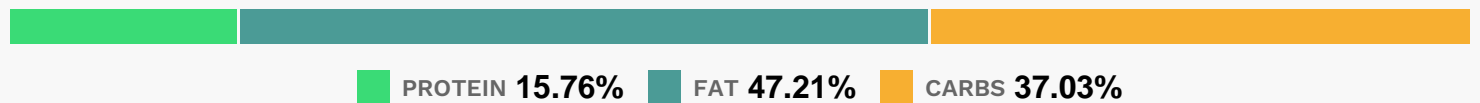
Meanwhile, in 3-quart nonstick saucepan, melt butter over low heat. Stir in flour, salt, mustard and pepper. Cook over low heat 20 seconds, stirring constantly, until butter is absorbed.

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:-7, Nutrition Score:14.418261061544%

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: 479.2kcal (23.96%), Fat: 25.09g (38.6%), Saturated Fat: 13.15g (82.21%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 42.38g (15.41%), Sugar: 4.25g (4.72%), Cholesterol: 63.7mg (21.23%), Sodium: 497.13mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.7%), Selenium: 46.94µg (67.05%), Calcium: 380.71mg (38.07%), Phosphorus: 354.53mg (35.45%), Manganese: 0.51mg (25.4%), Vitamin B2: 0.36mg (21.3%), Vitamin A: 942.78IU (18.86%), Zinc: 2.56mg (17.04%), Magnesium: 46.55mg (11.64%), Vitamin B12: 0.57µg (9.49%), Copper: 0.17mg (8.68%), Vitamin C: 7.11mg (8.62%), Vitamin K: 8.67µg (8.26%), Folate: 31.21µg (7.8%), Fiber: 1.9g (7.61%), Vitamin B1: 0.11mg (7.43%), Vitamin B6: 0.15mg (7.41%), Potassium: 249.12mg (7.12%), Vitamin B3: 1.23mg (6.16%), Vitamin B5: 0.6mg (6.03%), Iron: 1.01mg (5.61%), Vitamin E: 0.73mg (4.89%), Vitamin D: 0.26µg (1.7%)