

# Baked Homemade Macaroni and Cheese

READY IN



75 min.

SERVINGS



6

CALORIES



712 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup butter melted
- 1 round buttery crackers crushed
- 2.5 cups elbow macaroni
- 0.3 cup flour all-purpose
- 4 cups milk
- 0.5 teaspoon salt
- 1 pound cheddar cheese shredded

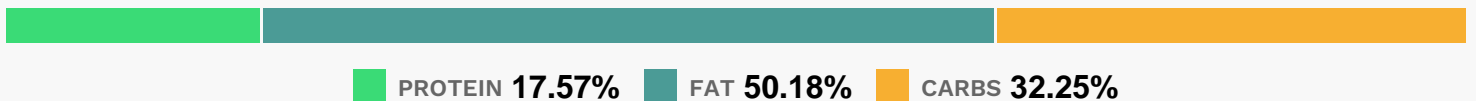
## Equipment

- bowl
- sauce pan
- oven
- pot
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Fill a large pot with lightly salted water and bring to a boil over high heat. Stir in the macaroni, and cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well.
- Combine 1/4 cup butter, flour, milk, salt, and Cheddar cheese in a large saucepan over medium heat; cook and stir until the cheese is melted and the mixture thickens, 7 to 10 minutes.
- Add the macaroni and stir to coat.
- Pour the mixture into a 9x13 inch baking dish.
- Mix the 1/4 cup melted butter and crushed crackers together in a bowl; scatter the cracker mixture evenly over the macaroni mixture.
- Bake in preheated oven until golden brown on top, about 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:31.67, Glycemic Load:6.26, Inflammation Score:-7, Nutrition Score:22.217825972516%

## Nutrients (% of daily need)

Calories: 711.69kcal (35.58%), Fat: 39.63g (60.97%), Saturated Fat: 22.6g (141.24%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 55.28g (20.1%), Sugar: 9.69g (10.77%), Cholesterol: 115.45mg (38.48%), Sodium: 818.85mg (35.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.42%), Selenium: 63.24µg (90.34%), Calcium: 750.75mg (75.08%), Phosphorus: 630.05mg (63%), Vitamin B2: 0.62mg (36.66%), Manganese: 0.59mg (29.39%),

Zinc: 4.31mg (28.75%), Vitamin B12: 1.7µg (28.26%), Vitamin A: 1257.38IU (25.15%), Magnesium: 72.28mg (18.07%),  
Vitamin D: 2.24µg (14.95%), Vitamin B1: 0.21mg (13.94%), Potassium: 440.77mg (12.59%), Vitamin B5: 1.21mg  
(12.05%), Vitamin B6: 0.24mg (11.85%), Copper: 0.2mg (10.17%), Folate: 36.55µg (9.14%), Fiber: 2.02g (8.08%),  
Vitamin B3: 1.54mg (7.69%), Iron: 1.15mg (6.37%), Vitamin E: 0.95mg (6.35%), Vitamin K: 3.29µg (3.13%)