



Baked Mac and Cheese for One

READY IN



30 min.

SERVINGS



1

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon bread crumbs
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.1 teaspoon ground mustard
- ☐ 1 dash hot sauce
- ☐ 3 tablespoons macaroni pasta uncooked
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon onion powder
- ☐ 1 pinch pepper

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon cheddar cheese shredded
- ☐ 1 dash worcestershire sauce

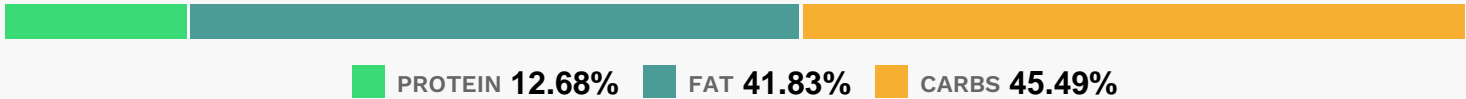
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Grease an oven-proof soup crock or 1 cup baking dish.
- ☐ Fill a small saucepan with water, and bring to a boil. Stir in the macaroni; boil until cooked but still firm to the bite, about 8 minutes.
- ☐ Drain well, and reserve.
- ☐ In the same saucepan, melt the butter over medium-high heat. Stir in the flour, salt, pepper, onion powder, and milk; whisk until smooth. Cook, stirring, for 2 minutes. Reduce heat to low, and whisk in 1/3 cup cheese, mustard, Worcestershire sauce, and hot sauce. Stir in the cooked macaroni. Spoon the macaroni and cheese into the prepared dish.
- ☐ Sprinkle with bread crumbs and 1 tablespoon cheddar cheese.
- ☐ Bake, uncovered, until the cheese is melted and the macaroni is heated through, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:222, Glycemic Load:6.38, Inflammation Score:-5, Nutrition Score:12.108260899782%

Nutrients (% of daily need)

Calories: 411.19kcal (20.56%), Fat: 19.09g (29.38%), Saturated Fat: 11.26g (70.39%), Carbohydrates: 46.73g (15.58%),
Net Carbohydrates: 44.92g (16.33%), Sugar: 7.37g (8.19%), Cholesterol: 53.24mg (17.75%), Sodium: 806.67mg
(35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Selenium: 36.51µg (52.16%),
Phosphorus: 264.4mg (26.44%), Manganese: 0.51mg (25.29%), Calcium: 231.12mg (23.11%), Vitamin B2: 0.28mg
(16.75%), Vitamin B12: 0.78µg (12.99%), Vitamin B1: 0.19mg (12.91%), Vitamin A: 634.25IU (12.68%), Magnesium:
44.76mg (11.19%), Zinc: 1.56mg (10.41%), Vitamin D: 1.39µg (9.29%), Potassium: 317.67mg (9.08%), Copper: 0.16mg
(7.75%), Vitamin B6: 0.15mg (7.63%), Vitamin B5: 0.75mg (7.46%), Vitamin B3: 1.49mg (7.45%), Fiber: 1.81g (7.22%),
Folate: 26.72µg (6.68%), Iron: 1.14mg (6.33%), Vitamin E: 0.52mg (3.47%), Vitamin K: 1.95µg (1.86%)