



Baked Macaroni and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup breadcrumbs fresh
- ☐ 2 tablespoons butter melted
- ☐ 4 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 cups milk
- ☐ 8 ounce favorite pasta dried uncooked
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.3 teaspoon salt
- ☐ 8 ounce sharp cheddar cheese shredded 2 cups
- ☐ 1 tablespoon whole-grain dijon mustard

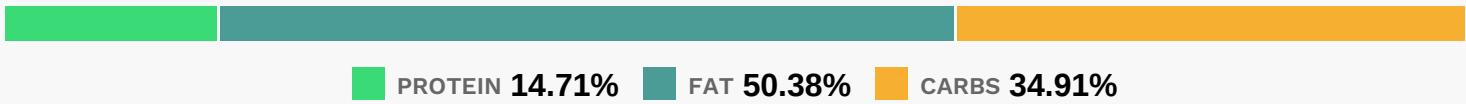
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Cook macaroni according to package directions.
- ☐ Drain and set aside. Melt butter in a large heavy saucepan over low heat; add flour, stirring until smooth. Cook 3 to 5 minutes, stirring constantly. Turn heat to medium; gradually whisk in milk, and cook over medium heat, stirring or whisking constantly until thickened, about 10 minutes. Stir in pasta, mustard, and next 4 ingredients, stirring just until cheese begins to melt.
- ☐ Pour pasta mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with Parmigiano-Reggiano or more Cheddar. If desired, top with fresh breadcrumbs, and drizzle evenly with melted butter.
- ☐ Bake, uncovered, at 350 for 25 minutes or until bubbly and golden.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:14.488260887239%

Nutrients (% of daily need)

Calories: 500.11kcal (25.01%), Fat: 28g (43.07%), Saturated Fat: 16.2g (101.23%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 41.74g (15.18%), Sugar: 5.67g (6.29%), Cholesterol: 77.66mg (25.89%), Sodium: 565.22mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.77%), Selenium: 41.16µg (58.81%), Calcium: 398.22mg (39.82%), Phosphorus: 353.53mg (35.35%), Manganese: 0.5mg (25.19%), Vitamin B2: 0.37mg (21.79%), Vitamin A: 863.33IU (17.27%), Zinc: 2.45mg (16.34%), Vitamin B1: 0.22mg (14.94%), Vitamin B12: 0.9µg (14.92%), Magnesium: 46.79mg (11.7%), Folate: 34.54µg (8.63%), Vitamin B3: 1.67mg (8.37%), Copper: 0.16mg (7.86%), Potassium: 268.2mg (7.66%), Fiber: 1.91g (7.62%), Vitamin D: 1.12µg (7.48%), Vitamin B6: 0.15mg (7.27%), Vitamin B5: 0.72mg (7.2%), Iron: 1.29mg (7.16%), Vitamin E: 0.71mg (4.74%), Vitamin K: 3.09µg (2.95%)