



Baked Macaroni and Cheese

READY IN



50 min.

SERVINGS



4

CALORIES



621 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground mustard
- 2 cups milk
- 7 oz penne pasta uncooked (rounded 2 cups)
- 0.3 teaspoon pepper
- 0.5 teaspoon lawry's seasoned salt
- 8 oz sharp cheddar cheese shredded
- 0.3 teaspoon worcestershire sauce

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- ramekin
- baking pan

Directions

- Heat oven to 350F. Cook and drain pasta as directed on package.
- While pasta is cooking, in 3-quart saucepan, melt butter over low heat. Stir in flour, seasoned salt, mustard, pepper and Worcestershire sauce. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk.
- Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Using wire whisk, stir in cheese until melted.
- Gently stir pasta into cheese sauce. Spoon into 4 ungreased 8-oz ramekins/gratin dishes or 10-oz custard cups.
- Place filled cups in shallow baking pan (or cookie sheet with sides).
- Bake uncovered 20 to 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:21.76, Inflammation Score:-7, Nutrition Score:18.386521722635%

Nutrients (% of daily need)

Calories: 620.91kcal (31.05%), Fat: 35.52g (54.65%), Saturated Fat: 15.68g (98.01%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 48.58g (17.66%), Sugar: 7.46g (8.28%), Cholesterol: 71.34mg (23.78%), Sodium: 849.71mg (36.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Selenium: 52.9µg (75.57%), Calcium: 568.57mg (56.86%), Phosphorus: 490.86mg (49.09%), Vitamin B2: 0.49mg (29.02%),

Manganese: 0.54mg (27.08%), Vitamin A: 1274.31IU (25.49%), Zinc: 3.35mg (22.36%), Vitamin B12: 1.27µg (21.23%), Magnesium: 59.58mg (14.9%), Vitamin B1: 0.19mg (12.97%), Vitamin D: 1.68µg (11.21%), Potassium: 358.18mg (10.23%), Vitamin B5: 0.95mg (9.53%), Vitamin B6: 0.19mg (9.5%), Copper: 0.18mg (8.94%), Folate: 35.73µg (8.93%), Fiber: 1.86g (7.44%), Vitamin B3: 1.48mg (7.41%), Vitamin E: 1mg (6.66%), Iron: 1.16mg (6.42%), Vitamin K: 2.02µg (1.93%)