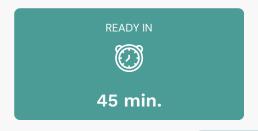


Baked Macaroni and Cheese

Vegetarian







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
E~	uinmont
	Juipment
	sauce pan
	oven
	whisk
	baking pan
Di	rections
	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
	PROTEIN 14.71% FAT 50.38% CARBS 34.91%

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 %: O% (100%), Protein: 18.39g (36.77%), Selenium: 41.16µg (58.81%), Calcium: 398.22mg (39.82%), Phosphorus: 353.53mg (35.35%), Manganese: O.5mg (25.19%), Vitamin B2: O.37mg (21.79%), Vitamin A: 863.33IU (17.27%), Zinc: 2.45mg (16.34%), Vitamin B1: O.22mg (14.94%), Vitamin B12: O.9µg (14.92%), Magnesium: 46.79mg (11.7%), Folate: 34.54µg (8.63%), Vitamin B3: 1.67mg (8.37%), Copper: O.16mg (7.86%), Potassium: 268.2mg (7.66%), Fiber: 1.91g (7.62%), Vitamin D: 1.12µg (7.48%), Vitamin B6: O.15mg (7.27%), Vitamin B5: O.72mg (7.2%), Iron: 1.29mg (7.16%), Vitamin E: O.71mg (4.74%), Vitamin K: 3.09µg (2.95%)