



Bechamel Mac and Cheese

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup cheddar grated
- ☐ 0.3 cup chicken stock see
- ☐ 4 cups macaroni pasta cooked
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup milk whole

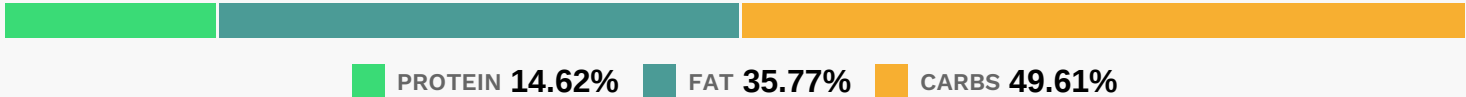
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Over medium heat in a saucepan, heat the milk with the stock and salt, stirring throughout. Continue to heat the milk mixture over medium heat, and then reduce to low heat once the milk has begun to froth or simmer.
- ☐ Next, in a second saucepan, heat the butter until melted. Stir in the flour. Reduce the heat to low and stir until well incorporated.
- ☐ Remove from the heat when it is a pale tan color (a blond roux).
- ☐ Once the roux has thickened, slowly stir into the milk mixture to blend. Continue to stir over low heat until well incorporated. Finally, remove from the heat and whisk in the cheeses. Once mixed, add the pasta, again stir well and serve.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:15.12, Inflammation Score:-3, Nutrition Score:6.7000000122125%

Nutrients (% of daily need)

Calories: 261.92kcal (13.1%), Fat: 10.34g (15.9%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 30.53g (11.1%), Sugar: 2.21g (2.45%), Cholesterol: 26.55mg (8.85%), Sodium: 363.2mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.01%), Selenium: 28.42µg (40.59%), Manganese: 0.32mg (15.82%), Phosphorus: 141.82mg (14.18%), Calcium: 129.05mg (12.91%), Fiber: 1.73g (6.92%), Vitamin B2: 0.12mg (6.79%), Zinc: 0.92mg (6.15%), Magnesium: 24.52mg (6.13%), Vitamin A: 304.36IU (6.09%), Copper: 0.1mg (5.24%), Vitamin B12: 0.28µg (4.61%), Vitamin B6: 0.08mg (3.93%), Vitamin B1: 0.06mg (3.82%), Vitamin B3: 0.69mg (3.45%), Iron: 0.62mg (3.44%), Potassium: 108.5mg (3.1%), Folate: 11.95µg (2.99%), Vitamin B5: 0.27mg (2.73%), Vitamin D: 0.38µg (2.56%), Vitamin E: 0.28mg (1.88%)