



Beer-Cheese Mac and Sausages

READY IN



60 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 oz elbow macaroni (2 cups)
- 3 tablespoons butter
- 0.3 cup onion finely chopped
- 3 tablespoons flour all-purpose
- 1 teaspoon ground mustard
- 0.5 teaspoon hot sauce red
- 0.3 teaspoon salt
- 1 cup beer
- 8 oz colby cheese shredded

- 1 lb little wieners smoked fully cooked
- 2 cups butter-flavored microwave popcorn
- 2 cups frangelico

Equipment

- sauce pan
- oven

Directions

- Heat oven to 350°F. Spray 2 1/2-quart casserole with cooking spray. Cook and drain macaroni as directed on package using minimum cook time. Rinse and return to saucepan.
- While macaroni is cooking, in 3-quart saucepan, melt butter over medium heat. Cook and stir onion in butter 2 to 3 minutes or until softened. Stir in flour; cook and stir 1 minute. Gradually stir in half-and-half, mustard, pepper sauce and salt; heat until thickened and bubbly, stirring constantly, about 5 minutes. Stir in beer.
- Remove from heat; let stand 2 to 3 minutes. Stir in cheese until melted.
- Add sausages to cooked macaroni. Stir in cheese sauce. Spoon macaroni mixture into casserole.
- Bake 30 to 40 minutes or until bubbly and top begins to brown. Top with popcorn just before serving.

Nutrition Facts



PROTEIN 16.07% **FAT 60.93%** **CARBS 23%**

Properties

Glycemic Index:32.16, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:8.6530435111212%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,

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Nutrients (% of daily need)

Calories: 453.05kcal (22.65%), Fat: 30.08g (46.27%), Saturated Fat: 14.27g (89.17%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 24.29g (8.83%), Sugar: 1.85g (2.06%), Cholesterol: 74.51mg (24.84%), Sodium: 887.67mg (38.59%), Alcohol: 1.15g (100%), Alcohol %: 0.94% (100%), Protein: 17.84g (35.69%), Phosphorus: 315.71mg (31.57%), Selenium: 21.71µg (31.02%), Calcium: 211.01mg (21.1%), Zinc: 2.45mg (16.34%), Manganese: 0.29mg (14.3%), Copper: 0.21mg (10.59%), Magnesium: 36.98mg (9.24%), Vitamin B2: 0.15mg (8.71%), Vitamin A: 418.41IU (8.37%), Iron: 1.43mg (7.97%), Potassium: 223.02mg (6.37%), Fiber: 1.26g (5.05%), Folate: 18.42µg (4.61%), Vitamin B6: 0.09mg (4.4%), Vitamin B12: 0.25µg (4.17%), Vitamin B3: 0.83mg (4.14%), Vitamin B1: 0.06mg (3.73%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.1%), Vitamin K: 1.32µg (1.26%), Vitamin D: 0.17µg (1.13%)