



Beer-Cheese Mac and Sausages

READY IN



60 min.

SERVINGS



8

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beer
- 3 tablespoons butter
- 1 lb little wieners smoked fully cooked
- 7 oz elbow macaroni (2 cups)
- 3 tablespoons flour all-purpose
- 1 teaspoon ground mustard
- 2 cups half and half
- 8 oz colby cheese shredded
- 2 cups butter-flavored microwave popcorn

- 0.3 cup onion finely chopped
- 0.5 teaspoon hot sauce red
- 0.3 teaspoon salt

Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F. 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 15.04% **FAT 63.5%** **CARBS 21.46%**

Properties

Glycemic Index:32.16, Glycemic Load:2.9, Inflammation Score:-5, Nutrition Score:10.461739011433%

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: 532.3kcal (26.62%), Fat: 37.03g (56.98%), Saturated Fat: 18.52g (115.75%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 26.89g (9.78%), Sugar: 4.35g (4.84%), Cholesterol: 95.68mg (31.89%), Sodium: 924.58mg (40.2%), Alcohol: 1.15g (100%), Alcohol %: 0.67% (100%), Protein: 19.74g (39.48%), Phosphorus: 373.19mg (37.32%), Selenium: 23.65µg (33.78%), Calcium: 275.75mg (27.57%), Zinc: 2.69mg (17.91%), Vitamin B2: 0.27mg (15.62%), Manganese: 0.29mg (14.33%), Vitamin A: 632.58IU (12.65%), Copper: 0.22mg (10.86%), Magnesium: 43.03mg (10.76%), Potassium: 302.88mg (8.65%), Iron: 1.47mg (8.14%), Vitamin B12: 0.37µg (6.08%), Vitamin B6: 0.12mg (5.92%), Folate: 20.24µg (5.06%), Fiber: 1.26g (5.05%), Vitamin B1: 0.07mg (4.94%), Vitamin B3: 0.89mg (4.47%), Vitamin B5: 0.38mg (3.85%), Vitamin E: 0.47mg (3.16%), Vitamin K: 2.11µg (2.01%), Vitamin C: 1.12mg (1.36%), Vitamin D: 0.17µg (1.13%)