



Bev's Mac and Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 cup elbow macaroni
- 3 tablespoons flour all-purpose
- 1 cup milk
- 4 servings salt and pepper to taste
- 1 cup cheddar cheese shredded

Equipment

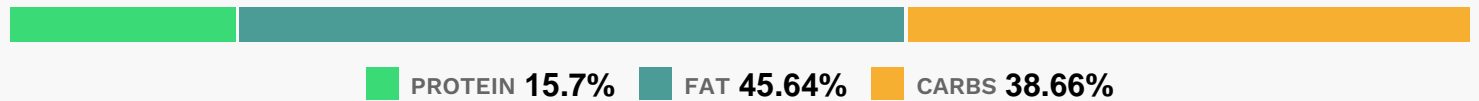
- bowl

- whisk
- pot
- microwave

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- In a microwave-safe bowl, combine milk, flour and salt and pepper to taste; whisk or beat until smooth.
- Add butter and cheese; microwave on high for 5 minutes and whisk until smooth. Microwave for an additional 4 to 5 minutes and whisk or beat until smooth and no lumps remain.
- Add cooked pasta to mixture; stir and serve.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:4.38, Inflammation Score:-5, Nutrition Score:10.390434778255%

Nutrients (% of daily need)

Calories: 352.38kcal (17.62%), Fat: 17.82g (27.41%), Saturated Fat: 10.26g (64.14%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 32.7g (11.89%), Sugar: 3.98g (4.42%), Cholesterol: 50.62mg (16.87%), Sodium: 448.95mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Selenium: 33.25µg (47.5%), Calcium: 284.75mg (28.48%), Phosphorus: 264.9mg (26.49%), Manganese: 0.37mg (18.25%), Vitamin B2: 0.26mg (15.29%), Zinc: 1.83mg (12.18%), Vitamin A: 556.82IU (11.14%), Vitamin B12: 0.64µg (10.68%), Magnesium: 34.88mg (8.72%), Vitamin B1: 0.12mg (7.89%), Copper: 0.12mg (5.97%), Potassium: 199.04mg (5.69%), Folate: 22.74µg (5.68%), Vitamin D: 0.84µg (5.6%), Vitamin B6: 0.11mg (5.45%), Vitamin B5: 0.53mg (5.27%), Fiber: 1.27g (5.09%), Vitamin B3: 1.01mg (5.04%), Iron: 0.76mg (4.25%), Vitamin E: 0.45mg (2.98%), Vitamin K: 1.4µg (1.34%)