



Blender Macaroni and Cheese

READY IN



60 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 10 ounces cheddar cheese extra-sharp cubed
- 0.7 pound elbow macaroni uncooked
- 0.3 cup flour all-purpose
- 1 pinch garlic powder
- 1.5 cups milk hot
- 0.5 teaspoon ground mustard dry
- 0.5 small onion cut into chunks
- 0.3 cup parmesan cheese grated

- 0.5 teaspoon salt
- 0.3 cup wheat germ toasted
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- oven
- pot
- blender
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 2-quart casserole dish.
- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook for 8 to 10 minutes or until al dente; drain well and pour into prepared casserole dish.
- Meanwhile, place the Cheddar cheese, hot milk, flour, onion, Worcestershire sauce, pepper, salt, mustard powder, and garlic powder in the bowl of a blender. Blend until cheese is melted and onion is finely chopped.
- Pour cheese mixture over macaroni.
- Sprinkle top with wheat germ and Parmesan cheese.
- Bake uncovered for 30 minutes.

Nutrition Facts



PROTEIN 19.04% **FAT 38.95%** **CARBS 42.01%**

Properties

Glycemic Index:34, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:18.275652393051%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 475.73kcal (23.79%), Fat: 20.53g (31.59%), Saturated Fat: 11.09g (69.29%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 47.28g (17.19%), Sugar: 5g (5.55%), Cholesterol: 58.19mg (19.4%), Sodium: 639.71mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Selenium: 53.8µg (76.86%), Manganese: 1.17mg (58.43%), Calcium: 464.47mg (46.45%), Phosphorus: 450.63mg (45.06%), Zinc: 3.53mg (23.52%), Vitamin B2: 0.39mg (23.1%), Magnesium: 62.57mg (15.64%), Vitamin B1: 0.23mg (15.44%), Vitamin B12: 0.89µg (14.77%), Vitamin A: 611.16IU (12.22%), Copper: 0.22mg (10.98%), Folate: 43.87µg (10.97%), Vitamin B6: 0.22mg (10.88%), Fiber: 2.53g (10.11%), Potassium: 330.01mg (9.43%), Iron: 1.48mg (8.22%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.79mg (7.94%), Vitamin D: 0.98µg (6.5%), Vitamin E: 0.48mg (3.18%), Vitamin K: 1.65µg (1.57%)