



Butterkase Macaroni and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups elbow macaroni uncooked
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 1 tablespoon onion grated very finely chopped
- 2 cups milk
- 8 oz cheese shredded
- 0.3 cup cilantro leaves fresh italian chopped (flat-leaf)

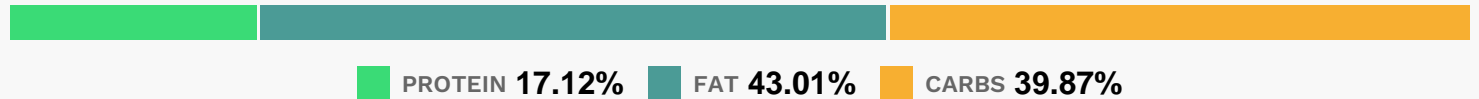
Equipment

- frying pan
- whisk

Directions

- Cook and drain macaroni as directed on package.
- In 10-inch skillet, melt butter over medium heat. Using whisk, stir in flour, salt and onion. Cook 2 to 3 minutes, or until mixture smells nutty and is lightly golden, stirring constantly with whisk.
- Add milk. Continue to beat with whisk, scraping bottom of skillet until mixture heats to boiling.
- Mixture will thicken.
- Remove from heat; add cheese and cilantro. Stir with whisk until smooth. Stir in drained macaroni.
- Serve with additional cilantro if desired.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:4.67, Inflammation Score:-7, Nutrition Score:19.842173692973%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 629.3kcal (31.47%), Fat: 29.96g (46.09%), Saturated Fat: 16.95g (105.96%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 60.07g (21.85%), Sugar: 8.05g (8.95%), Cholesterol: 86.39mg (28.8%), Sodium: 1048.39mg (45.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Selenium: 63.97µg (91.38%), Calcium: 569.47mg (56.95%), Phosphorus: 522.14mg (52.21%), Manganese: 0.69mg (34.35%), Vitamin B2: 0.48mg (28.45%), Zinc: 3.61mg (24.08%), Vitamin B12: 1.27µg (21.2%), Vitamin A: 1008.22IU (20.16%), Magnesium: 68.54mg (17.13%), Vitamin B1: 0.18mg (11.96%), Copper: 0.23mg (11.57%), Potassium: 397.43mg (11.36%), Vitamin D:

1.68µg (11.21%), Vitamin B6: 0.22mg (10.96%), Vitamin B5: 1.02mg (10.24%), Fiber: 2.41g (9.65%), Folate: 32.67µg (8.17%), Vitamin B3: 1.59mg (7.93%), Iron: 1.2mg (6.69%), Vitamin K: 5.41µg (5.15%), Vitamin E: 0.75mg (5.02%)