



Cafeteria Macaroni and Cheese

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons butter melted
- ☐ 1.5 teaspoons ground mustard
- ☐ 8 ounces macaroni
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon paprika
- ☐ 1 dash pepper sauce hot
- ☐ 0.8 teaspoon salt
- ☐ 3.5 cups cheddar cheese shredded divided

☐ 1 teaspoon worcestershire sauce

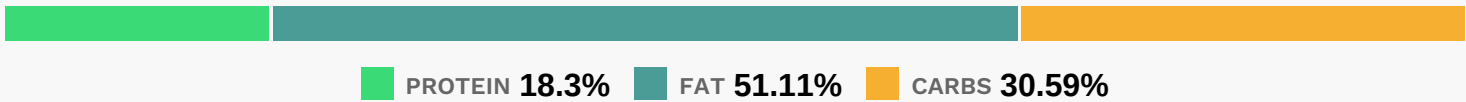
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ casserole dish
- ☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 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.
- ☐ Heat the milk in a small saucepan. Stir in mustard, Worcestershire sauce, salt, and hot sauce. Set aside.
- ☐ Stir 1 1/2 tablespoons butter and 3 cups cheese into the drained macaroni.
- ☐ Pour the hot milk mixture over the cheese and macaroni.
- ☐ Transfer to prepared baking dish.
- ☐ Sprinkle remaining 1/2 cup cheddar on top.
- ☐ Combine the bread crumbs with the melted butter, and spread over the top.
- ☐ Sprinkle with paprika.
- ☐ Bake in preheated oven for 30 minutes, and then place under the broiler for 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:16.370434801216%

Nutrients (% of daily need)

Calories: 518.57kcal (25.93%), Fat: 29.4g (45.23%), Saturated Fat: 16.42g (102.6%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 37.85g (13.76%), Sugar: 4.87g (5.41%), Cholesterol: 83.27mg (27.76%), Sodium: 856.73mg (37.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.37%), Selenium: 47.07µg (67.25%), Calcium: 569.55mg (56.96%), Phosphorus: 456.18mg (45.62%), Vitamin B2: 0.44mg (25.89%), Manganese: 0.45mg (22.7%), Zinc: 3.38mg (22.51%), Vitamin A: 958.99IU (19.18%), Vitamin B12: 1.07µg (17.79%), Magnesium: 51.4mg (12.85%), Vitamin B1: 0.18mg (11.99%), Copper: 0.16mg (8.06%), Folate: 31.39µg (7.85%), Vitamin B6: 0.15mg (7.65%), Potassium: 260.88mg (7.45%), Vitamin B5: 0.73mg (7.26%), Vitamin D: 1.07µg (7.11%), Fiber: 1.73g (6.94%), Vitamin B3: 1.39mg (6.94%), Iron: 1.17mg (6.5%), Vitamin E: 0.76mg (5.04%), Vitamin K: 2.89µg (2.76%)