

## Classic Baked Mac and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 cups mozza-cheddar cheese light shredded divided kraft
- ☐ 1 tablespoon mustard dry
- ☐ 4 cups elbow macaroni uncooked
- ☐ 0.3 cup flour
- ☐ 2 cloves garlic minced
- ☐ 3 cups milk 1%
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion red chopped

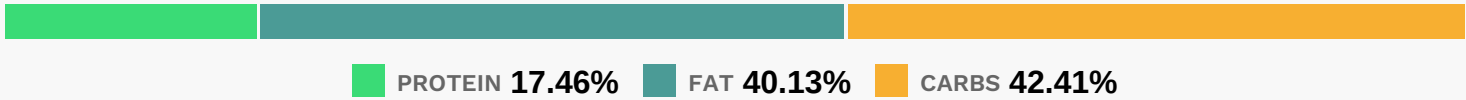
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

## Directions

- ☐ Cook macaroni as directed on package, omitting salt. Meanwhile, heat oil in large saucepan on medium-high heat.
- ☐ Add onions and garlic; cook and stir 5 min. or until crisp-tender. Stir in flour and mustard; cook and stir 1 min. Gradually whisk in milk, cooking and stirring after each addition until slightly thickened. Simmer on low heat 5 to 7 min. or until thickened, stirring constantly.
- ☐ Remove from heat.
- ☐ Add 3 cups cheese; stir until melted.
- ☐ Heat oven to 350 degrees F.
- ☐ Drain macaroni.
- ☐ Add to cheese sauce; toss to coat. Spoon into 2.5-L casserole dish; top with remaining cheese.
- ☐ BAKE 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:19.88, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:19.614347768866%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 602.47kcal (30.12%), Fat: 26.74g (41.13%), Saturated Fat: 12.3g (76.89%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 60.78g (22.1%), Sugar: 7.37g (8.19%), Cholesterol: 60.92mg (20.31%), Sodium: 409.45mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.37%), Selenium: 65.44µg (93.49%), Calcium: 534.59mg (53.46%), Phosphorus: 500.64mg (50.06%), Manganese: 0.74mg (36.83%), Vitamin B2: 0.44mg (26.05%), Zinc: 3.56mg (23.76%), Vitamin B12: 1.14µg (18.98%), Magnesium: 69.26mg (17.31%), Vitamin A: 740.33IU (14.81%), Copper: 0.24mg (12.16%), Vitamin B1: 0.18mg (11.88%), Vitamin B6: 0.23mg (11.5%), Fiber: 2.81g (11.23%), Potassium: 383.22mg (10.95%), Folate: 38.62µg (9.66%), Vitamin B5: 0.91mg (9.08%), Vitamin E: 1.33mg (8.84%), Vitamin D: 1.31µg (8.75%), Vitamin B3: 1.62mg (8.1%), Iron: 1.35mg (7.48%), Vitamin K: 4.83µg (4.6%), Vitamin C: 1.78mg (2.15%)