



Classic Baked Macaroni and Cheese

 Vegetarian

READY IN



22 min.

SERVINGS



15

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 8 oz elbow macaroni
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon ground pepper fresh black
- 2 cups milk
- 0.5 teaspoon salt
- 8 oz block sharp cheddar cheese shredded divided

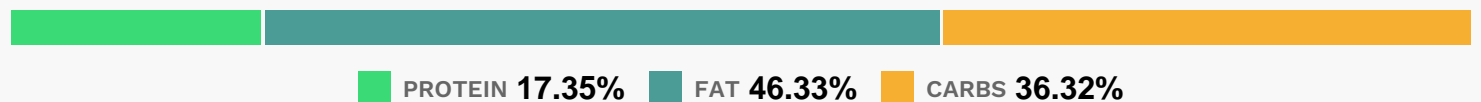
Equipment

- sauce pan
- oven
- whisk
- pot
- baking pan
- dutch oven

Directions

- Prepare pasta according to package directions. Keep warm.
- Melt butter in a large saucepan or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until thickened.
- Remove from heat. Stir in salt, black and red pepper, 1 cup shredded cheese, and cooked pasta.
- Spoon pasta mixture into a lightly greased 2-qt. baking dish; top with remaining 1 cup cheese.
- Bake at 400 for 20 minutes or until bubbly.
- Let stand 10 minutes before serving.
- Note: For testing purposes only, we used Kraft Sharp Cheddar Cheese. To lighten, 2% reduced-fat milk and reduced-fat cheese may be substituted.
- One-Pot Macaroni and Cheese: Prepare recipe as directed, stirring all grated Cheddar cheese into thickened milk mixture until melted.
- Add cooked pasta, and serve immediately. Prep: 10 min., Cook: 7 min.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:4.8721739039959%

Nutrients (% of daily need)

Calories: 154.6kcal (7.73%), Fat: 7.94g (12.22%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 13.47g (4.9%), Sugar: 2.03g (2.25%), Cholesterol: 23.04mg (7.68%), Sodium: 201.71mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Selenium: 14.82µg (21.17%), Calcium: 151.08mg (15.11%), Phosphorus: 132.41mg (13.24%), Manganese: 0.16mg (7.88%), Vitamin B2: 0.13mg (7.45%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.34µg (5.65%), Vitamin A: 265.09IU (5.3%), Magnesium: 16.42mg (4.11%), Vitamin D: 0.45µg (2.99%), Vitamin B1: 0.04mg (2.96%), Potassium: 97.25mg (2.78%), Vitamin B6: 0.05mg (2.66%), Copper: 0.05mg (2.58%), Vitamin B5: 0.26mg (2.56%), Fiber: 0.54g (2.15%), Folate: 7.83µg (1.96%), Vitamin B3: 0.36mg (1.81%), Iron: 0.28mg (1.54%), Vitamin E: 0.2mg (1.34%)