



Classic Baked Macaroni and Cheese

READY IN



47 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 16 oz elbow macaroni cooked
- ☐ 10 oz block extra sharp cheddar cheese shredded
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 0.5 teaspoon salt

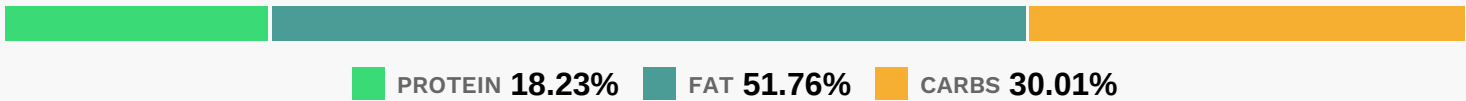
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ WHISK FLOUR INTO BUTTER
- ☐ Preheat oven to 40
- ☐ Microwave milk at HIGH for 1 1/2 minutes. Melt butter in a large skillet or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute.
- ☐ WHISK IN WARM MILK
- ☐ Gradually whisk in warm milk, and cook, whisking constantly, 5 minutes or until thickened.
- ☐ WHISK IN CHEESE
- ☐ Whisk in salt, black pepper, 1 cup shredded cheese, and, if desired, red pepper until smooth; stir in pasta. Spoon pasta mixture into a lightly greased 2-qt. baking dish; top with remaining cheese.
- ☐ Bake at 400 for 20 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:10.54, Inflammation Score:-4, Nutrition Score:9.1078260929688%

Nutrients (% of daily need)

Calories: 302.84kcal (15.14%), Fat: 17.39g (26.75%), Saturated Fat: 9.84g (61.51%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.6g (7.85%), Sugar: 3.38g (3.75%), Cholesterol: 50.28mg (16.76%), Sodium: 423.4mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.55%), Selenium: 26.83µg (38.33%), Calcium: 331.03mg (33.1%), Phosphorus: 259.76mg (25.98%), Vitamin B2: 0.26mg (15.43%), Zinc: 1.86mg (12.38%), Vitamin B12: 0.71µg (11.85%), Vitamin A: 541.7IU (10.83%), Manganese: 0.21mg (10.48%), Magnesium: 27.69mg (6.92%),

Vitamin D: 0.88µg (5.89%), Vitamin B1: 0.07mg (4.72%), Vitamin B6: 0.09mg (4.53%), Vitamin B5: 0.45mg (4.5%),
Fiber: 1.09g (4.35%), Potassium: 147.44mg (4.21%), Folate: 14.96µg (3.74%), Copper: 0.07mg (3.63%), Vitamin E:
0.41mg (2.76%), Iron: 0.44mg (2.42%), Vitamin B3: 0.42mg (2.11%), Vitamin K: 1.39µg (1.32%)