



Classic Macaroni and Cheese

READY IN



40 min.

SERVINGS



40

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 Tbsp butter
- 2 cups elbow macaroni cooked
- 2 Tbsp flour
- 2 cups milk
- 8 oz sharp cheddar cheese shredded divided kraft

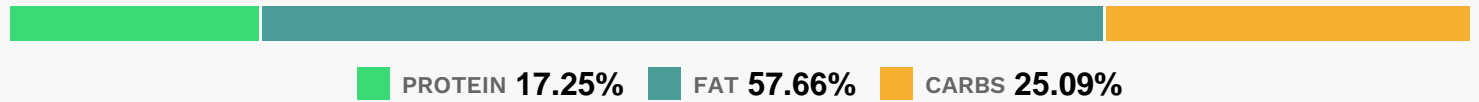
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F.
- Melt butter in large saucepan on low heat. Stir in flour; cook and stir 2 min. or until bubbly. Gradually stir in milk; bring to boil on medium heat, stirring constantly. Simmer on low heat 3 to 5 min. or until thickened, stirring constantly.
- Add 1-1/2 cups cheese; cook and stir 2 to 3 min. or until melted. Stir in macaroni.
- Spoon into 1-1/2-qt. casserole sprayed with cooking spray; sprinkle with remaining cheese.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.74, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.4830434717562%

Nutrients (% of daily need)

Calories: 50.43kcal (2.52%), Fat: 3.23g (4.97%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 3.03g (1.1%), Sugar: 0.65g (0.72%), Cholesterol: 7.13mg (2.38%), Sodium: 51.7mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Calcium: 55.95mg (5.6%), Selenium: 3.81µg (5.45%), Phosphorus: 43mg (4.3%), Vitamin B2: 0.05mg (2.68%), Vitamin A: 114.13IU (2.28%), Vitamin B12: 0.13µg (2.12%), Zinc: 0.3mg (1.98%), Manganese: 0.03mg (1.31%), Vitamin D: 0.17µg (1.12%), Magnesium: 4.37mg (1.09%)