



Creamy Four-Cheese Macaroni

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings cheddar cheese
- ☐ 3 cups elbow macaroni cooked uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 2.7 cups milk 1% low-fat
- ☐ 0.3 cup onion crushed (12 pieces)
- ☐ 2 ounces parmesan fresh grated
- ☐ 3 ounces processed cheese food light (such as Velveeta)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine softened

☐ 3 ounces swiss cheese shredded

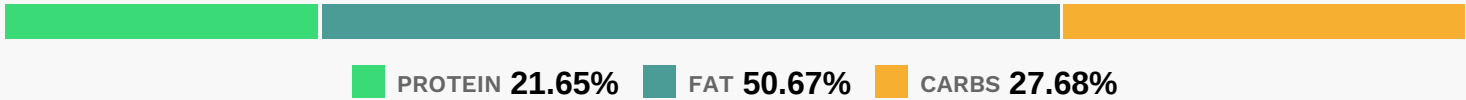
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a large saucepan. Gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick (about 8 minutes), stirring constantly.
- ☐ Add cheeses; cook 3 minutes or until cheese melts, stirring frequently.
- ☐ Remove from heat; stir in macaroni and salt.
- ☐ Spoon mixture into a 2-quart casserole coated with cooking spray.
- ☐ Combine crushed toasts and butter in a small bowl; stir until well-blended.
- ☐ Sprinkle over macaroni mixture.
- ☐ Bake at 375 for 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:32.46, Glycemic Load:11, Inflammation Score:-6, Nutrition Score:13.50086968878%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 383.1kcal (19.15%), Fat: 21.49g (33.06%), Saturated Fat: 11.64g (72.73%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 25.21g (9.17%), Sugar: 4.89g (5.43%), Cholesterol: 59.27mg (19.76%), Sodium: 628.73mg (27.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.31%), Calcium: 607.43mg (60.74%), Selenium: 32.74µg (46.78%), Phosphorus: 435.21mg (43.52%), Vitamin B12: 1.37µg (22.75%), Vitamin B2: 0.36mg (21.28%), Zinc: 2.68mg (17.86%), Vitamin A: 765.09IU (15.3%), Manganese: 0.22mg (11.25%), Magnesium: 38.25mg (9.56%), Vitamin D: 1.14µg (7.63%), Vitamin B1: 0.11mg (7.58%), Vitamin B5: 0.62mg (6.2%), Vitamin B6: 0.12mg (6.19%), Folate: 24.67µg (6.17%), Potassium: 215.48mg (6.16%), Fiber: 1.2g (4.8%), Copper: 0.09mg (4.27%), Iron: 0.71mg (3.92%), Vitamin E: 0.5mg (3.32%), Vitamin B3: 0.66mg (3.32%), Vitamin K: 1.39µg (1.32%)