



Creamy Four-Cheese Macaroni

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 3 cups elbow macaroni cooked uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup fontina shredded
- ☐ 1 garlic clove minced
- ☐ 2.7 cups milk 1% low-fat
- ☐ 0.5 cup parmesan cheese grated
- ☐ 3 ounces processed cheese light (such as Velveeta)

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded extra-sharp
- ☐ 0.3 cup melba toasts crushed (12 pieces)

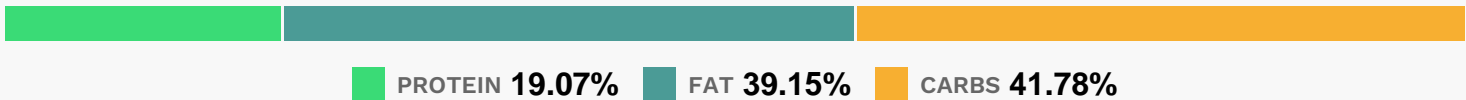
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or 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 with a whisk.
- ☐ Remove from heat; let stand 4 minutes or until sauce cools to 15
- ☐ Add cheeses, and stir until the cheeses melt. Stir in cooked macaroni, salt, and black pepper.
- ☐ Spoon mixture into a 2-quart glass or ceramic baking dish coated with cooking spray.
- ☐ Combine crushed toasts, oil, and garlic in small bowl; stir until well blended.
- ☐ Sprinkle over macaroni mixture.
- ☐ Bake at 375 for 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:33.46, Glycemic Load:10.68, Inflammation Score:-4, Nutrition Score:9.8895652559788%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 318.01kcal (15.9%), Fat: 13.79g (21.22%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 31.35g (11.4%), Sugar: 5.27g (5.85%), Cholesterol: 36.63mg (12.21%), Sodium: 625.23mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Calcium: 366.27mg (36.63%), Selenium: 24.86µg (35.52%), Phosphorus: 286.44mg (28.64%), Vitamin B12: 0.94µg (15.62%), Vitamin B2: 0.24mg (14.19%), Manganese: 0.23mg (11.65%), Zinc: 1.73mg (11.54%), Vitamin A: 455.18IU (9.1%), Fiber: 1.77g (7.07%), Magnesium: 28.25mg (7.06%), Vitamin D: 1.05µg (7.01%), Vitamin B1: 0.1mg (6.94%), Potassium: 192.37mg (5.5%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.5mg (4.96%), Folate: 18.01µg (4.5%), Copper: 0.07mg (3.73%), Vitamin E: 0.55mg (3.66%), Iron: 0.64mg (3.57%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 2.22µg (2.11%)