



Creamy Macaroni and Cheese

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 1 pound cheddar cheese extra-sharp grated
- ☐ 1 cup chicken broth
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 pound elbow
- ☐ 24 fluid ounce evaporated milk canned
- ☐ 0.3 cup flour

- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 tablespoon salt

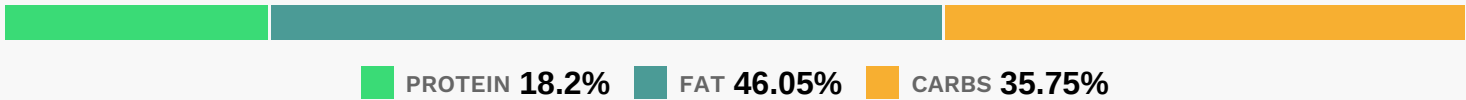
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Bring 2 quarts of water to boil in large soup kettle.
- ☐ Add salt and pasta. Using package directions as a guide, cook until al dente.
- ☐ Drain. To prevent sticking, drain and immediately pour onto a large lipped baking sheet and let cool while preparing sauce.
- ☐ Meanwhile, microwave the milk and chicken broth in a 4-cup Pyrex measuring cup or bowl until hot and steamy (not boiling). Melt butter in the empty pasta pot; whisk in flour, then hot milk mixture. Continue to whisk until thick and bubbly, 3 to 4 minutes.
- ☐ Whisk in mustard, Parmesan and pepper. Turn off heat, stir in cheddar until melted.
- ☐ Add drained pasta (and optional flavoring ingredients, see notes) to sauce, and stir until everything is well combined over low heat. Stir to heat through, and thin with a little water if the sauce is too thick.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:16.24, Inflammation Score:-6, Nutrition Score:16.058695891629%

Nutrients (% of daily need)

Calories: 518.52kcal (25.93%), Fat: 26.45g (40.69%), Saturated Fat: 15.04g (94.02%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 44.5g (16.18%), Sugar: 8.64g (9.6%), Cholesterol: 79.79mg (26.6%), Sodium: 1298.79mg (56.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.04%), Selenium: 47.21µg (67.44%), Calcium: 564.51mg (56.45%), Phosphorus: 478.28mg (47.83%), Vitamin B2: 0.51mg (29.78%), Manganese: 0.49mg (24.61%), Zinc: 3.13mg (20.89%), Vitamin A: 774.94IU (15.5%), Magnesium: 57.57mg (14.39%), Vitamin B12: 0.67µg (11.23%), Potassium: 374.86mg (10.71%), Vitamin B5: 0.88mg (8.85%), Vitamin B1: 0.13mg (8.73%), Copper: 0.17mg (8.62%), Folate: 31.59µg (7.9%), Vitamin B6: 0.14mg (6.95%), Fiber: 1.69g (6.74%), Vitamin B3: 1.25mg (6.25%), Iron: 1.08mg (6.01%), Vitamin E: 0.65mg (4.32%), Vitamin D: 0.37µg (2.45%), Vitamin K: 2.15µg (2.05%), Vitamin C: 1.36mg (1.65%)