



Creamy Macaroni and Cheese

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon mustard dry
- ☐ 3 cups milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 16 oz multigrain penne pasta
- ☐ 0.5 teaspoon salt
- ☐ 8 oz block sharp cheddar cheese shredded 2% divided reduced-fat

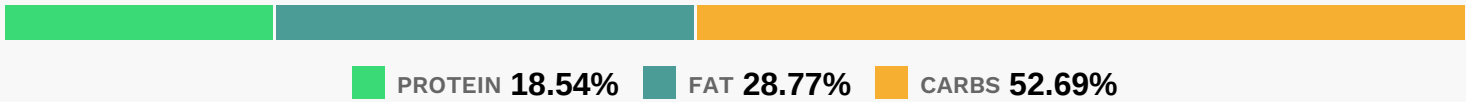
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Whisk in flour, and cook, whisking constantly, 2 minutes. Gradually whisk in milk, salt, and dry mustard; cook, whisking constantly, 5 minutes or until slightly thickened.
- ☐ Remove from heat.
- ☐ Add 1 1/2 cups cheese, stirring until cheese melts and mixture is smooth. Stir in pasta until well combined.
- ☐ Spoon mixture into an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle evenly with remaining 1/2 cup cheese.
- ☐ Bake at 375 for 20 minutes or until golden and bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:27, Inflammation Score:-6, Nutrition Score:17.879130514177%

Nutrients (% of daily need)

Calories: 507.57kcal (25.38%), Fat: 16.08g (24.74%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 66.27g (22.09%), Net Carbohydrates: 63.73g (23.17%), Sugar: 8.35g (9.28%), Cholesterol: 46.49mg (15.5%), Sodium: 510.86mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Selenium: 62.57µg (89.38%), Phosphorus: 453.07mg (45.31%), Calcium: 446.5mg (44.65%), Manganese: 0.73mg (36.54%), Vitamin B2: 0.39mg (23.08%), Zinc: 3.04mg (20.29%), Vitamin B12: 1.12µg (18.59%), Magnesium: 66.47mg (16.62%), Vitamin A: 687.01IU (13.74%), Copper: 0.24mg (12%), Vitamin B1: 0.18mg (11.9%), Potassium: 408.11mg (11.66%), Vitamin D: 1.57µg (10.5%), Vitamin B6: 0.21mg (10.34%), Fiber: 2.54g (10.16%), Vitamin B5: 0.94mg (9.4%), Vitamin B3: 1.68mg

(8.4%), Folate: 31.2µg (7.8%), Iron: 1.23mg (6.86%), Vitamin E: 0.43mg (2.88%), Vitamin K: 1.17µg (1.11%)