



## Creamy Stove-Top Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon bottled garlic minced
- 2 teaspoons dijon mustard
- 4 cups elbow macaroni uncooked
- 2.3 cups skim milk fat-free
- 3 tablespoons flour all-purpose
- 5 ounces cheddar cheese shredded reduced-fat
- 1 teaspoon salt
- 2 teaspoons worcestershire sauce

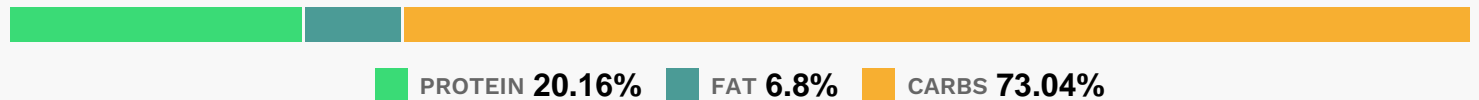
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain and set aside.
- While pasta cooks, place flour, salt, and pepper in a large saucepan.
- Add milk, stirring with a whisk until well blended. Drop cream cheese by teaspoonfuls into milk mixture; bring to a boil over medium-high heat, stirring constantly. Reduce heat; simmer 2 minutes or until thick and cream cheese melts, stirring occasionally. Stir in mustard, Worcestershire, and garlic; simmer 1 minute.
- Remove from heat.
- Add cheddar cheese, stirring until cheese melts.
- Combine pasta and cheese sauce in a large bowl; toss well.

## Nutrition Facts



## Properties

Glycemic Index:33.71, Glycemic Load:3.62, Inflammation Score:-5, Nutrition Score:16.043478105379%

## 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: 435.41kcal (21.77%), Fat: 3.23g (4.98%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 78.16g (26.05%), Net Carbohydrates: 74.97g (27.26%), Sugar: 7.49g (8.33%), Cholesterol: 7.72mg (2.57%), Sodium: 619.93mg (26.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.14%), Selenium: 66.16µg (94.52%), Manganese: 0.91mg (45.56%), Phosphorus: 396.87mg (39.69%), Calcium: 244.03mg (24.4%), Magnesium: 66.41mg (16.6%),

Vitamin B2: 0.25mg (14.79%), Zinc: 2.21mg (14.71%), Copper: 0.29mg (14.49%), Fiber: 3.19g (12.76%), Vitamin B1: 0.17mg (11.55%), Potassium: 402.53mg (11.5%), Vitamin B12: 0.65µg (10.81%), Vitamin B6: 0.2mg (10.23%), Vitamin B3: 1.96mg (9.78%), Iron: 1.64mg (9.1%), Vitamin B5: 0.8mg (7.99%), Folate: 28.4µg (7.1%), Vitamin D: 1.03µg (6.89%), Vitamin A: 239.58IU (4.79%)