



Creamy Two-Cheese Macaroni

READY IN



45 min.

SERVINGS



9

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups elbow macaroni hot cooked uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups milk 1% low-fat
- ☐ 6 ounces processed cheese light cubed (such as Velveeta)
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded extra-sharp divided

Equipment

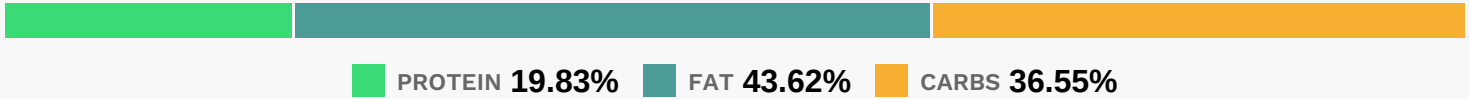
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ casserole dish
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Heat a large saucepan over medium heat; add flour. Gradually add milk, stirring with a whisk until blended. Cook until thick (about 8 minutes), stirring frequently. Stir in 2/3 cup cheddar cheese and processed cheese; cook 3 minutes or until cheese melts, stirring frequently.
- ☐ Remove from heat; stir in macaroni and salt.
- ☐ Spoon the mixture into a 2-quart casserole dish coated with cooking spray.
- ☐ Sprinkle with 1/3 cup cheddar cheese.
- ☐ Bake at 375 for 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:8.92, Inflammation Score:-4, Nutrition Score:8.7321738548901%

Nutrients (% of daily need)

Calories: 236.09kcal (11.8%), Fat: 11.38g (17.51%), Saturated Fat: 6.29g (39.32%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 20.53g (7.46%), Sugar: 3.99g (4.43%), Cholesterol: 34.78mg (11.59%), Sodium: 488.92mg (21.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.29%), Calcium: 373.01mg (37.3%), Selenium: 22.26µg (31.8%), Phosphorus: 277.19mg (27.72%), Vitamin B12: 0.82µg (13.62%), Vitamin B2: 0.22mg (12.83%), Zinc: 1.48mg (9.85%), Manganese: 0.19mg (9.25%), Vitamin A: 433.34IU (8.67%), Magnesium: 25.35mg (6.34%), Vitamin D: 0.91µg (6.07%), Vitamin B1: 0.08mg (5.36%), Potassium: 163.14mg (4.66%), Vitamin B5: 0.43mg (4.32%), Vitamin B6: 0.08mg (4.13%), Folate: 15.09µg (3.77%), Fiber: 0.93g (3.73%), Copper: 0.07mg (3.26%), Iron: 0.53mg (2.97%), Vitamin B3: 0.49mg (2.43%), Vitamin E: 0.29mg (1.93%)