



Down-Home Macaroni & Cheese

READY IN



30 min.

SERVINGS



30

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 2 cups elbow macaroni cooked drained
- 2 cups milk fat-free
- 0.3 cup flour
- 4 oz milk velveeta 2% cut into 1/2-inch cubes
- 0.3 tsp salt
- 2 Tbsp seasoned bread crumbs dry
- 8 oz cheddar cheese fat free shredded divided kraft

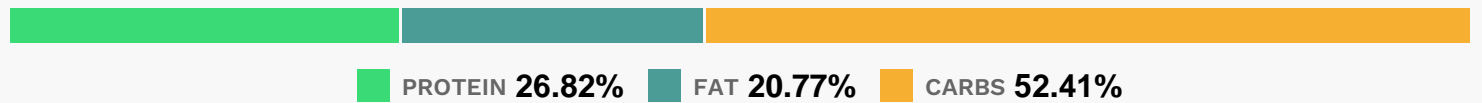
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F.
- Melt butter in large saucepan on low heat.
- Remove half of butter; mix with bread crumbs. Set aside. Stir flour and salt into remaining butter in saucepan; cook and stir 1 min. Gradually stir in milk until well blended; cook and stir until thickened.
- Add VELVEETA and 1-1/2 cups cheddar; cook until melted, stirring frequently. Stir in macaroni.
- Spoon into 1-1/2-qt. casserole; top with remaining Cheddar and buttered crumbs.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:2.25, Inflammation Score:-2, Nutrition Score:2.4591304797517%

Nutrients (% of daily need)

Calories: 46.81kcal (2.34%), Fat: 1.08g (1.66%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.9g (2.15%), Sugar: 1.85g (2.06%), Cholesterol: 1.78mg (0.59%), Sodium: 160.85mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Phosphorus: 99.99mg (10%), Calcium: 80.61mg (8.06%), Selenium: 4.94µg (7.05%), Vitamin B2: 0.07mg (4.3%), Vitamin A: 185.02IU (3.7%), Vitamin B12: 0.2µg (3.38%), Zinc: 0.41mg (2.75%), Manganese: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.16%), Magnesium: 7.38mg (1.84%), Potassium: 61.88mg (1.77%), Vitamin D: 0.22µg (1.47%), Folate: 5.73µg (1.43%), Vitamin B6: 0.02mg (1.24%)