



Easy, Creamy Mac and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



914 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 2.5 cups milk 2%
- 16 oz rotini pasta
- 0.5 teaspoon salt
- 10 oz block sharp cheddar cheese shredded 2%

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Prepare pasta according to package directions.
- Meanwhile, melt butter in a large saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and next 3 ingredients; cook, whisking constantly, 8 to 10 minutes or until thickened.
- Remove from heat.
- Gradually stir in Cheddar cheese, stirring until cheese is melted and sauce is smooth. Stir in hot cooked pasta.
- Serve immediately.
- Kitchen Express Easy, Creamy Mac and Cheese: Prepare pasta according to package directions. Cook 2 (10-oz.) containers refrigerated light Alfredo sauce in a large saucepan over medium heat, stirring often, 3 to 4 minutes or until thoroughly heated. Gradually whisk in 1 (10-oz.) block 2% sharp Cheddar cheese, shredded, until smooth. Stir in hot cooked pasta and 1/4 tsp. ground red pepper. Hands-on Time: 15 min., Total Time: 15 min.
- Try These Twists!
- Southwest Chicken Mac and Cheese: Stir 2 cups chopped cooked chicken and 1 (10-oz.) can diced tomatoes and green chiles, drained, into cheese sauce with pasta.
- Spinach-Bacon Mac and Cheese: Stir 1/2 cup chopped cooked bacon (about 6 slices) and 1 (6-oz.) package fresh baby spinach into cheese sauce with pasta.
- Broccoli-Ham Mac and Cheese: Stir 2 cups chopped smoked ham and 1 (12-oz.) package frozen steam-in-bag broccoli florets, cooked according to package directions, into cheese sauce with pasta.
- Chicken-Asparagus Mac and Cheese: Stir 2 cups chopped cooked chicken and 1 (9-oz.) package frozen asparagus cuts, cooked according to package directions, into cheese sauce with pasta.

- Pea-Prosciutto Mac and Cheese: Cook 1/2 cup thinly sliced prosciutto, pancetta, or bacon (about 2 oz.) in a lightly greased skillet until crisp. Stir prosciutto and 1 (12-oz.) package frozen sweet peas, cooked according to package directions, into cheese sauce with pasta.

Nutrition Facts

PROTEIN 16.32% **FAT 39.9%** **CARBS 43.78%**

Properties

Glycemic Index:57.75, Glycemic Load:38.84, Inflammation Score:-8, Nutrition Score:25.667391506226%

Nutrients (% of daily need)

Calories: 914.49kcal (45.72%), Fat: 40.33g (62.05%), Saturated Fat: 23.08g (144.28%), Carbohydrates: 99.59g (33.2%), Net Carbohydrates: 95.71g (34.8%), Sugar: 10.77g (11.97%), Cholesterol: 113.18mg (37.73%), Sodium: 921.8mg (40.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.25%), Selenium: 98.24µg (140.34%), Calcium: 706.91mg (70.69%), Phosphorus: 687.22mg (68.72%), Manganese: 1.13mg (56.25%), Vitamin B2: 0.7mg (41.07%), Zinc: 4.98mg (33.21%), Vitamin B12: 1.56µg (25.95%), Vitamin A: 1267.16IU (25.34%), Magnesium: 97.73mg (24.43%), Copper: 0.37mg (18.62%), Vitamin B1: 0.24mg (16.2%), Fiber: 3.88g (15.53%), Potassium: 529.41mg (15.13%), Folate: 57.57µg (14.39%), Vitamin B6: 0.27mg (13.72%), Vitamin B5: 1.36mg (13.57%), Vitamin B3: 2.58mg (12.9%), Iron: 2mg (11.11%), Vitamin E: 1.07mg (7.15%), Vitamin K: 3.23µg (3.07%), Vitamin D: 0.43µg (2.83%)