



Easy Stovetop Mac and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup breadcrumbs fresh
- ☐ 8 ounces elbow macaroni
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 Dash ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups milk 1% low-fat
- ☐ 3 ounces processed cheese light shredded (such as Velveeta ;)
- ☐ 4 servings salad green with simple vinaigrette

- ☐ 0.7 cup cheddar cheese shredded extra-sharp
- ☐ 4 servings creamy tomato soup

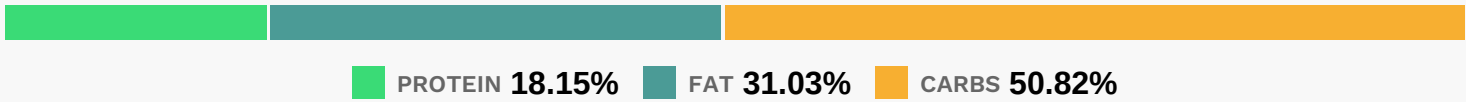
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cook pasta according to package directions; drain.
- ☐ While pasta cooks, combine milk, flour, and peppers in a large saucepan, stirring with a whisk. Bring to a boil; cook for 4 minutes or until thick.
- ☐ Remove from heat.
- ☐ Add cheeses and salt; stir until smooth.
- ☐ Add pasta, and stir to coat. Spoon mixture into a 1 1/2-quart glass or ceramic baking dish coated with cooking spray.
- ☐ Sprinkle breadcrumbs evenly over top; broil 2 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:3.53, Inflammation Score:-6, Nutrition Score:17.608695597752%

Nutrients (% of daily need)

Calories: 469.81kcal (23.49%), Fat: 16.07g (24.72%), Saturated Fat: 8.47g (52.93%), Carbohydrates: 59.21g (19.74%), Net Carbohydrates: 56.86g (20.68%), Sugar: 8.45g (9.39%), Cholesterol: 46mg (15.33%), Sodium: 726.58mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Selenium: 51.61µg (73.72%), Calcium: 530.49mg (53.05%), Phosphorus: 469.24mg (46.92%), Manganese: 0.67mg (33.43%), Vitamin B2: 0.39mg (22.81%), Vitamin B12: 1.26µg (21.03%), Zinc: 2.67mg (17.8%), Vitamin B1: 0.24mg (15.81%), Magnesium: 59.57mg

(14.89%), Vitamin A: 636.61IU (12.73%), Potassium: 385.43mg (11.01%), Copper: 0.21mg (10.52%), Vitamin D: 1.54µg (10.26%), Vitamin B3: 1.92mg (9.58%), Vitamin B6: 0.19mg (9.43%), Fiber: 2.35g (9.4%), Vitamin B5: 0.9mg (8.99%), Folate: 35.81µg (8.95%), Iron: 1.52mg (8.45%), Vitamin E: 0.47mg (3.1%), Vitamin K: 3.09µg (2.94%)