



Family-Favorite Macaroni and Cheese

READY IN



50 min.

SERVINGS



6

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 7 ounces elbow macaroni uncooked
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground mustard
- 2 cups milk
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 8 ounces cheddar cheese shredded cubed
- 0.3 teaspoon worcestershire sauce

Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F.
- Cook macaroni as directed on package.
- While macaroni is cooking, melt butter in 3-quart saucepan over low heat. Stir in flour, salt, pepper, mustard and Worcestershire sauce. Cook over medium low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk.
- Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese. Cook, stirring occasionally, until cheese is melted.
- Drain macaroni. Gently stir macaroni into cheese sauce.
- Pour into ungreased 2-quart casserole.
- Bake uncovered 20 to 25 minutes or until bubbly.

Nutrition Facts

PROTEIN 15.92% **FAT 51.54%** **CARBS 32.54%**

Properties

Glycemic Index:28.67, Glycemic Load:4.58, Inflammation Score:-6, Nutrition Score:12.22043491738%

Nutrients (% of daily need)

Calories: 413.52kcal (20.68%), Fat: 23.65g (36.39%), Saturated Fat: 10.45g (65.33%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 32.37g (11.77%), Sugar: 4.97g (5.52%), Cholesterol: 47.56mg (15.85%), Sodium: 566.46mg (24.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Selenium: 35.09µg (50.13%), Calcium: 378.82mg (37.88%), Phosphorus: 326.55mg (32.66%), Vitamin B2: 0.33mg (19.34%), Manganese: 0.36mg (17.95%), Vitamin A: 849.51IU (16.99%), Zinc: 2.23mg (14.87%), Vitamin B12: 0.85µg (14.16%), Magnesium: 39.41mg (9.85%), Vitamin B1: 0.13mg (8.6%), Vitamin D: 1.12µg (7.48%), Potassium: 238.17mg (6.8%), Vitamin B5: 0.63mg (6.35%), Vitamin B6: 0.13mg (6.32%), Copper: 0.12mg (5.93%), Folate: 23.69µg (5.92%), Vitamin B3: 0.98mg (4.92%), Fiber: 1.23g (4.92%), Vitamin E: 0.66mg (4.41%), Iron: 0.76mg (4.24%), Vitamin K: 1.34µg (1.28%)