



## Family-Favorite Macaroni and Cheese

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 7 ounces elbow macaroni uncooked
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 2 cups milk

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8 ounces cheddar cheese shredded cubed

## Equipment

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sauce pan

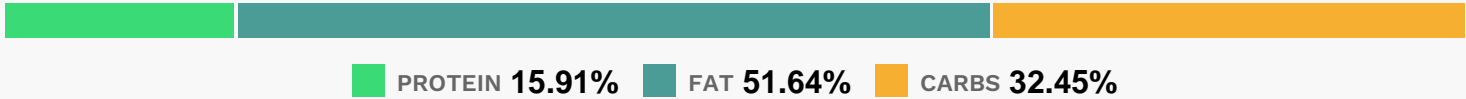
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oven

## Directions

- ☐ Heat oven to 350°F. Cook and drain 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 constanly. Boil and stir 1 minute. Stir in cheese. Cook, stirring occasionally, until cheese is melted.
- ☐ Gently stir macaroni into cheese sauce.
- ☐ Pour into ungreased 2-quart casserole.
- ☐ Bake uncovered 20 to 25 minutes or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:4.58, Inflammation Score:-6, Nutrition Score:12.145652187421%

## Nutrients (% of daily need)

Calories: 413.33kcal (20.67%), Fat: 23.71g (36.47%), Saturated Fat: 13.73g (85.84%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 32.29g (11.74%), Sugar: 4.97g (5.52%), Cholesterol: 67.89mg (22.63%), Sodium: 538.09mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.87%), Selenium: 35.19µg (50.26%), Calcium: 378.26mg (37.83%), Phosphorus: 326.65mg (32.66%), Vitamin B2: 0.33mg (19.32%), Manganese: 0.36mg (17.95%), Vitamin A: 747.55IU (14.95%), Zinc: 2.24mg (14.93%), Vitamin B12: 0.86µg (14.27%), Magnesium: 39.32mg (9.83%), Vitamin B1: 0.13mg (8.57%), Vitamin D: 1.12µg (7.48%), Potassium: 236.47mg (6.76%), Vitamin B5: 0.64mg (6.37%), Vitamin B6: 0.13mg (6.29%), Folate: 23.88µg (5.97%), Copper: 0.12mg (5.93%), Vitamin B3: 0.99mg (4.93%), Fiber: 1.23g (4.92%), Iron: 0.76mg (4.25%), Vitamin E: 0.59mg (3.92%), Vitamin K: 2.01µg (1.91%)