

## Family-Favorite Macaroni and Cheese (lighter )

READY IN



50 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 7 ounces elbow macaroni uncooked
- ☐ 2 cups skim milk fat-free (skim)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground mustard
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded cubed reduced-fat
- ☐ 0.3 teaspoon worcestershire sauce

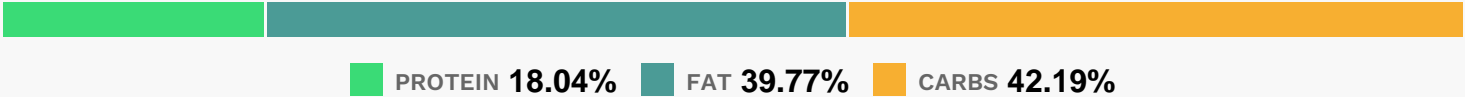
## Equipment

- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 350F.
- ☐ Cook macaroni as directed on package.
- ☐ While macaroni is cooking, melt margarine 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



## Properties

Glycemic Index:27.88, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:10.956956484881%

## Nutrients (% of daily need)

Calories: 319.48kcal (15.97%), Fat: 14.04g (21.61%), Saturated Fat: 6.36g (39.78%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 32.29g (11.74%), Sugar: 5.15g (5.72%), Cholesterol: 30.8mg (10.27%), Sodium: 462.05mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Selenium: 32.5µg (46.43%), Calcium: 318.34mg (31.83%), Phosphorus: 287.4mg (28.74%), Manganese: 0.36mg (17.86%), Vitamin B2: 0.28mg (16.47%), Vitamin B12: 0.78µg (12.98%), Zinc: 1.92mg (12.79%), Vitamin A: 618.27IU (12.37%), Magnesium: 36.76mg (9.19%), Vitamin B1: 0.13mg (8.4%), Vitamin D: 1.07µg (7.12%), Potassium: 243.26mg (6.95%), Vitamin B6: 0.12mg (5.86%), Copper: 0.12mg (5.82%), Folate: 23.29µg (5.82%), Vitamin B5: 0.58mg (5.8%), Vitamin B3: 0.99mg (4.94%), Fiber: 1.23g (4.92%), Iron: 0.75mg (4.15%), Vitamin E: 0.4mg (2.68%)