



## Fontina Macaroni and Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups elbow macaroni uncooked
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 1 tablespoon onion grated very finely chopped
- 2 cups milk
- 8 oz fontina shredded
- 1 tablespoon thyme sprigs fresh chopped

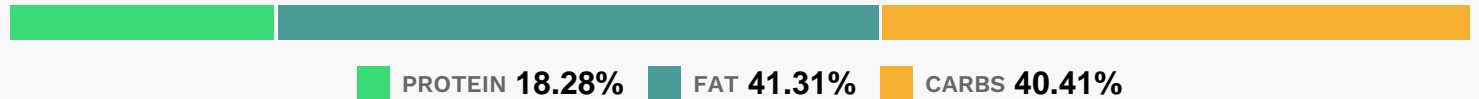
## Equipment

- frying pan
- whisk

## Directions

- Cook and drain macaroni as directed on package.
- In 10-inch skillet, melt butter over medium heat. Using whisk, stir in flour, salt and onion. Cook 2 to 3 minutes, or until mixture smells nutty and is lightly golden, stirring constantly with whisk.
- Add milk. Continue to beat with whisk, scraping bottom of skillet until mixture heats to boiling.
- Mixture will thicken.
- Remove from heat; add cheese and thyme. Stir with whisk until smooth. Stir in drained macaroni.
- Serve with additional thyme if desired.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:4.61, Inflammation Score:-9, Nutrition Score:18.601739157801%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 620.07kcal (31%), Fat: 28.34g (43.6%), Saturated Fat: 16.96g (106.01%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 59.74g (21.72%), Sugar: 8.74g (9.71%), Cholesterol: 95.46mg (31.82%), Sodium: 1130.86mg (49.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.43%), Selenium: 56.13µg (80.19%), Calcium: 486.87mg (48.69%), Phosphorus: 460.01mg (46%), Manganese: 0.72mg (35.76%), Vitamin B12: 1.62µg (27.05%), Zinc: 3.54mg (23.61%), Vitamin B2: 0.36mg (20.93%), Vitamin A: 973.42IU (19.47%), Magnesium: 63.71mg (15.93%),

Copper: 0.23mg (11.71%), Vitamin B1: 0.17mg (11.67%), Vitamin B6: 0.23mg (11.59%), Potassium: 395.51mg (11.3%),  
Vitamin D: 1.68µg (11.21%), Fiber: 2.63g (10.52%), Vitamin B5: 1.03mg (10.34%), Iron: 1.53mg (8.51%), Vitamin B3:  
1.66mg (8.31%), Folate: 24.34µg (6.08%), Vitamin C: 2.99mg (3.62%), Vitamin E: 0.46mg (3.04%), Vitamin K: 2.42µg  
(2.31%)