



Four Cheese Macaroni

READY IN



30 min.

SERVINGS



30

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 8 oz four cheese shredded mexican style kraft finely (3 cups)
- 0.5 cup knudsen cream sour
- 4 cups elbow macaroni uncooked
- 0.3 cup flour
- 0.5 tsp garlic powder
- 0.1 tsp ground pepper red (cayenne)
- 1.5 cups milk
- 0.3 tsp onion powder

1 pkt. shake & bake seasoned panko seasoned coating mix

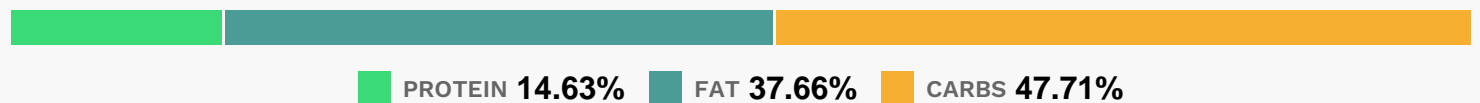
Equipment

- bowl
- sauce pan
- oven

Directions

- Heat oven to 350F.
- Combine first 3 ingredients in medium bowl. Stir in 1 cup cheese.
- Cook macaroni as directed on package, omitting salt. Meanwhile, melt butter in large saucepan on low heat. Stir in flour and red pepper; cook and stir 2 min. or until bubbly. Gradually stir in milk; cook on medium heat 3 to 5 min. or until mixture comes to boil, stirring constantly. Stir in sour cream; simmer on low heat 3 to 5 min. or until thickened.
- Add remaining cheese; cook and stir 2 min. or until melted.
- Drain macaroni.
- Add to sauce; stir to evenly coat. Spoon into 8 (1-cup) baking dishes sprayed with cooking spray; sprinkle with cheese mixture.
- Bake 10 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:3.7726086622671%

Nutrients (% of daily need)

Calories: 132.66kcal (6.63%), Fat: 5.52g (8.49%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 15.1g (5.49%), Sugar: 1.25g (1.39%), Cholesterol: 11.29mg (3.76%), Sodium: 87.21mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Selenium: 14.68µg (20.97%), Manganese: 0.18mg (9.04%), Phosphorus: 87mg (8.7%), Calcium: 77.11mg (7.71%), Vitamin B2: 0.07mg (4.34%), Zinc: 0.61mg (4.09%), Vitamin A: 190.18IU (3.8%), Magnesium: 14.14mg (3.54%), Copper: 0.06mg (2.96%), Vitamin B12: 0.16µg (2.6%), Fiber: 0.64g

(2.54%), Vitamin B1: 0.04mg (2.35%), Vitamin B6: 0.04mg (2.13%), Potassium: 73.42mg (2.1%), Vitamin B3: 0.4mg (2%), Folate: 7.15µg (1.79%), Vitamin B5: 0.18mg (1.77%), Iron: 0.31mg (1.72%), Vitamin D: 0.18µg (1.2%), Vitamin E: 0.16mg (1.07%)