



## Golden Macaroni and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 cup breadcrumbs soft (4 slices, crusts removed)
- ☐ 0.3 cup butter melted
- ☐ 8 ounce elbow macaroni uncooked ( 2 cups macaroni)
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 1 teaspoon onion salt
- ☐ 20 ounce sharp cheddar cheese shredded divided ( )

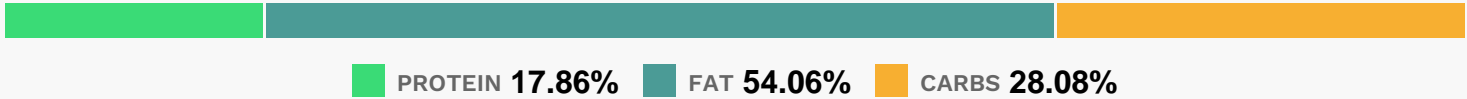
## Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Cook macaroni according to package directions; drain well. Set aside.
- ☐ Place milk, flour, and onion salt in a quart jar; cover tightly, and shake vigorously 1 minute.
- ☐ Stir together flour mixture, 3 1/2 cups cheese, and macaroni.
- ☐ Pour macaroni mixture into a lightly greased 13- x 9-inch baking dish or 2 (11-inch) oval baking dishes.
- ☐ Sprinkle evenly with breadcrumbs and remaining 1 cup cheese; drizzle evenly with melted butter.
- ☐ Bake at 350 for 45 minutes or until golden brown.
- ☐ \*20 ounces loaf pasteurized prepared cheese product, shredded or cut into small cubes, may be substituted. Omit breadcrumbs if using prepared cheese product.
- ☐ Note: For testing purposes only, we used Kraft Cracker Barrel Sharp Cheddar Cheese.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:3.71, Inflammation Score:-7, Nutrition Score:16.914782659677%

## Nutrients (% of daily need)

Calories: 549.49kcal (27.47%), Fat: 32.94g (50.68%), Saturated Fat: 16.17g (101.09%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 36.89g (13.41%), Sugar: 4.77g (5.3%), Cholesterol: 78.19mg (26.06%), Sodium: 944.87mg (41.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.96%), Selenium: 43.86µg (62.66%), Calcium: 609.66mg (60.97%), Phosphorus: 467.92mg (46.79%), Vitamin B2: 0.49mg (28.83%), Zinc: 3.47mg (23.16%), Vitamin A: 1062.72IU (21.25%), Manganese: 0.42mg (21.05%), Vitamin B12: 1.13µg (18.92%), Vitamin B1: 0.24mg (16.14%), Magnesium: 48.37mg (12.09%), Folate: 41.65µg (10.41%), Vitamin B3: 1.71mg (8.55%), Vitamin B5: 0.74mg (7.4%), Iron: 1.32mg (7.32%), Vitamin D: 1.1µg (7.31%), Copper: 0.15mg (7.31%), Vitamin B6: 0.15mg (7.25%), Potassium: 242.97mg (6.94%), Fiber: 1.62g (6.48%), Vitamin E: 0.83mg (5.51%), Vitamin K: 2.82µg (2.68%)