



Havarti Macaroni and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



591 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 havarti cheese shredded
- 1 tablespoon optional: dill fresh chopped

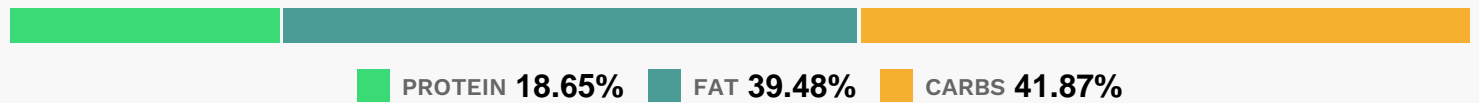
Equipment

- 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 dill. Stir with whisk until smooth. Stir in drained macaroni.
- Serve with additional dill weed if desired.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:4.29, Inflammation Score:-7, Nutrition Score:19.050000017104%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 591.3kcal (29.56%), Fat: 25.87g (39.81%), Saturated Fat: 15.88g (99.23%), Carbohydrates: 61.75g (20.58%), Net Carbohydrates: 59.37g (21.59%), Sugar: 7.86g (8.73%), Cholesterol: 79.59mg (26.53%), Sodium: 1105.25mg (48.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.5g (55%), Selenium: 52.73µg (75.33%), Phosphorus: 562.55mg (56.25%), Calcium: 512.31mg (51.23%), Manganese: 0.71mg (35.59%), Zinc: 3.79mg (25.3%), Vitamin B2: 0.42mg (24.67%), Vitamin B12: 1.45µg (24.22%), Magnesium: 68.28mg (17.07%), Vitamin A: 829.96IU (16.6%), Folate: 54.32µg (13.58%), Copper: 0.26mg (12.96%), Vitamin B1: 0.19mg (12.71%), Vitamin B6: 0.23mg (11.49%), Potassium: 387.35mg (11.07%), Vitamin D: 1.49µg (9.95%), Vitamin B5: 0.98mg (9.77%), Fiber: 2.39g

(9.54%), Vitamin B3: 1.6mg (8.02%), Iron: 1.19mg (6.63%), Vitamin E: 0.69mg (4.6%)