



Healthier Homemade Mac and Cheese

READY IN



50 min.

SERVINGS



4

CALORIES



756 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 3 cups milk 1% low-fat ()
- ☐ 2 cups cheddar cheese shredded low-fat
- ☐ 16 ounce macaroni whole wheat smart taste ® (such as)
- ☐ 1 pinch paprika
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 cup bread crumbs whole wheat

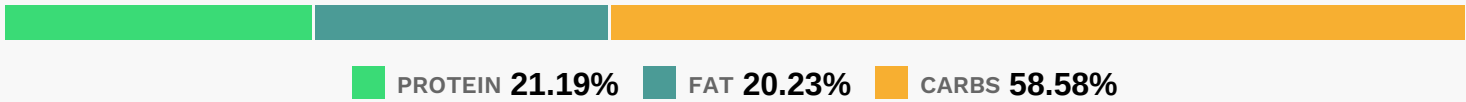
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain.
- ☐ Melt 2 tablespoons butter in a saucepan over medium heat. Stir in flour to make a roux. Slowly add milk to roux, stirring constantly. Stir in Cheddar and Parmesan cheeses and cook over low heat until cheese is melted and sauce is thick, about 3 minutes.
- ☐ Place macaroni in large baking dish and pour sauce over macaroni. Stir well.
- ☐ Melt 2 tablespoons butter in a skillet over medium heat.
- ☐ Add breadcrumbs and stir until butter is absorbed, 2 to 3 minutes.
- ☐ Spread over macaroni to cover.
- ☐ Sprinkle with paprika.
- ☐ Bake in preheated oven until cheese sauce is hot and breadcrumbs are browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:24.819565410199%

Nutrients (% of daily need)

Calories: 755.68kcal (37.78%), Fat: 17.02g (26.19%), Saturated Fat: 9.32g (58.23%), Carbohydrates: 110.88g (36.96%), Net Carbohydrates: 105.77g (38.46%), Sugar: 12.58g (13.98%), Cholesterol: 46.64mg (15.55%), Sodium: 757.48mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.12g (80.25%), Selenium: 89.61µg (128.02%), Phosphorus: 756.16mg (75.62%), Calcium: 594.25mg (59.42%), Manganese: 1.09mg (54.58%), Vitamin B2: 0.51mg (29.98%), Zinc: 3.97mg (26.47%), Vitamin B12: 1.54µg (25.62%), Magnesium: 95.97mg (23.99%), Fiber: 5.11g (20.45%), Copper: 0.35mg (17.66%), Potassium: 601.86mg (17.2%), Vitamin B1: 0.25mg (16.69%), Iron: 2.94mg (16.32%), Vitamin B6: 0.31mg (15.28%), Vitamin A: 759.24IU (15.18%), Vitamin D: 2.07µg (13.77%), Vitamin B5: 1.3mg (13.01%), Vitamin B3: 2.45mg (12.24%), Folate: 39.72µg (9.93%), Vitamin C: 2.7mg (3.27%), Vitamin E: 0.43mg (2.87%), Vitamin K: 1.37µg (1.3%)