



Healthified Macaroni and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon dijon mustard
- 2 cups skim milk fat-free (skim)
- 3 tablespoons flour all-purpose gold medal®
- 0.1 teaspoon ground pepper red (cayenne)
- 0.3 teaspoon pepper black
- 0.3 teaspoon salt
- 8 oz sharp cheddar cheese shredded reduced-fat
- 8 oz multigrain elbow macaroni whole wheat uncooked

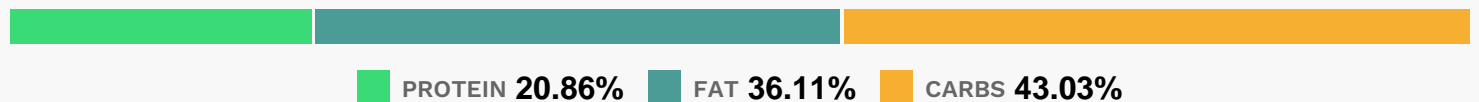
Equipment

- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- In 3-quart saucepan, cook and drain macaroni as directed on package. Return to saucepan; cover to keep warm.
- Meanwhile, heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 2-quart saucepan, stir milk, flour, mustard, salt, black pepper and red pepper with wire whisk until smooth. Cook over medium heat, stirring constantly, until mixture boils and thickens.
- Remove from heat. Stir in cheese until melted.
- Add cheese sauce to cooked macaroni; mix well. Spoon into baking dish.
- Bake 20 to 25 minutes or until edges are bubbly.

Nutrition Facts



Properties

Glycemic Index:38.54, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:16.118260849105%

Nutrients (% of daily need)

Calories: 328.03kcal (16.4%), Fat: 13.52g (20.8%), Saturated Fat: 7.41g (46.28%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 36.09g (13.12%), Sugar: 4.28g (4.75%), Cholesterol: 40.25mg (13.42%), Sodium: 389.88mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.15%), Manganese: 1.2mg (60.09%), Selenium: 41.49µg (59.27%), Calcium: 391.74mg (39.17%), Phosphorus: 363.23mg (36.32%), Vitamin B2: 0.35mg (20.43%), Magnesium: 75.49mg (18.87%), Vitamin B1: 0.27mg (18.16%), Zinc: 2.68mg (17.9%), Vitamin B12: 0.87µg (14.57%), Vitamin B3: 2.29mg (11.43%), Vitamin A: 563.73IU (11.27%), Copper: 0.19mg (9.65%), Folate: 38.1µg (9.52%), Iron: 1.63mg (9.07%), Vitamin B5: 0.84mg (8.4%), Vitamin B6: 0.16mg (8.06%), Vitamin D: 1.13µg (7.5%), Potassium:

253.99mg (7.26%), Vitamin E: 0.3mg (2.01%), Vitamin K: 1.1µg (1.05%)