



Hearty Mac and Cheese

READY IN

ready

32 min.

SERVINGS

servings

4

CALORIES

calories

675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1.5 cups ham diced cooked
- ☐ 8 ounce elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 cups milk
- ☐ 0.5 small onion chopped
- ☐ 1 cup peas green frozen thawed

- ☐ 0.3 teaspoon salt
- ☐ 8 ounce block sharp cheddar cheese shredded

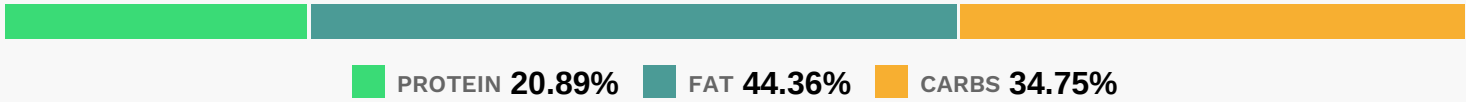
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Drain and keep warm.
- ☐ Saut ham and onion in a large nonstick skillet coated with cooking spray over medium-high heat 5 minutes; stir in peas and next 3 ingredients. Set aside.
- ☐ Melt butter in a large saucepan or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until mixture is thickened.
- ☐ Remove from heat.
- ☐ Stir in 1 1/2 cups cheese, stirring until melted. Stir in cooked pasta and ham mixture.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:81.33, Glycemic Load:6.21, Inflammation Score:-8, Nutrition Score:26.721303856891%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 675.24kcal (33.76%), Fat: 33.15g (51%), Saturated Fat: 17.67g (110.44%), Carbohydrates: 58.44g (19.48%), Net Carbohydrates: 54.26g (19.73%), Sugar: 10.02g (11.13%), Cholesterol: 117.32mg (39.11%), Sodium: 1102.64mg (47.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.12g (70.24%), Selenium: 64.64µg (92.34%), Phosphorus: 661.6mg (66.16%), Calcium: 579.43mg (57.94%), Manganese: 0.75mg (37.67%), Vitamin B2: 0.63mg (36.78%), Vitamin B1: 0.49mg (32.73%), Zinc: 4.83mg (32.17%), Vitamin B12: 1.87µg (31.15%), Vitamin C: 25.07mg (30.39%), Vitamin A: 1244.87IU (24.9%), Magnesium: 83.01mg (20.75%), Vitamin B6: 0.38mg (18.9%), Vitamin B3: 3.63mg (18.13%), Fiber: 4.18g (16.72%), Potassium: 582.04mg (16.63%), Copper: 0.31mg (15.34%), Folate: 55.77µg (13.94%), Vitamin B5: 1.38mg (13.78%), Vitamin D: 1.68µg (11.21%), Vitamin K: 11.56µg (11.01%), Iron: 1.93mg (10.74%), Vitamin E: 0.78mg (5.21%)