



Home-Style Four Cheese Macaroni & Cheese Dinner

READY IN



30 min.

SERVINGS



30

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 1 Tbsp bread crumbs dry
- 1 Tbsp flour
- 14 oz deluxe four cheese macaroni & cheese dinner kraft
- 0.5 cup milk
- 0.5 cup sharp cheddar cheese shredded kraft

Equipment

- frying pan
- sauce pan
- oven
- whisk

Directions

- Heat oven to 425F.
- Cook Macaroni in large saucepan as directed on package; drain. Do not return macaroni to pan.
- Melt butter in same saucepan on medium heat.
- Whisk in flour; cook and stir 1 min. Gradually stir in milk; cook 1 to 2 min. or until thickened, stirring frequently.
- Add Cheese Sauce and macaroni; mix well.
- Spoon macaroni mixture into 1-1/2-qt. casserole sprayed with cooking spray; top with shredded cheese and bread crumbs.
- Bake 5 min. or until shredded cheese is melted.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:4.17, Inflammation Score:-1, Nutrition Score:1.12913043732223%

Nutrients (% of daily need)

Calories: 63.33kcal (3.17%), Fat: 2.97g (4.57%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 6.82g (2.48%), Sugar: 0.22g (0.25%), Cholesterol: 4.41mg (1.47%), Sodium: 123.73mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Phosphorus: 65.51mg (6.55%), Calcium: 38.38mg (3.84%), Manganese: 0.07mg (3.36%), Zinc: 0.27mg (1.77%), Iron: 0.3mg (1.69%), Magnesium: 5.71mg (1.43%), Selenium: 0.79µg (1.13%)