



Home-Style Macaroni and Cheese

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 8 ounce cream cheese
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup bread crumbs dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 7 ounces macaroni

- ☐ 2 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cheddar cheese shredded

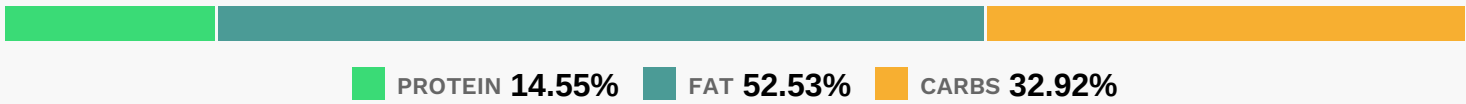
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add macaroni pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a 3 quart saucepan over medium heat, melt butter and stir in flour. Cook for about 1 minute, until smooth and bubbly; stirring occasionally.
- ☐ Mix in milk, cream cheese, salt, pepper, and Dijon mustard. Continue cooking until sauce is thickened.
- ☐ Add cooked macaroni and Cheddar cheese.
- ☐ Pour into 2 quart casserole dish. In small bowl mix together bread crumbs, butter and parsley; spread over macaroni and cheese.
- ☐ Bake for 15 to 20 minutes or until golden brown and heated through.

Nutrition Facts



Properties

Glycemic Index:52.17, Glycemic Load:4.37, Inflammation Score:-7, Nutrition Score:17.771304451901%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 577.61kcal (28.88%), Fat: 33.76g (51.94%), Saturated Fat: 19.1g (119.38%), Carbohydrates: 47.6g (15.87%), Net Carbohydrates: 45.47g (16.54%), Sugar: 7.51g (8.34%), Cholesterol: 95.64mg (31.88%), Sodium: 772.67mg (33.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.08%), Selenium: 42.79µg (61.13%), Calcium: 448.33mg (44.83%), Phosphorus: 395.32mg (39.53%), Vitamin B2: 0.48mg (28.26%), Manganese: 0.54mg (26.82%), Vitamin A: 1247.86IU (24.96%), Vitamin K: 25.67µg (24.44%), Vitamin B1: 0.3mg (20.21%), Zinc: 2.69mg (17.93%), Vitamin B12: 0.99µg (16.54%), Magnesium: 51.28mg (12.82%), Folate: 45.7µg (11.42%), Vitamin B3: 2.15mg (10.74%), Vitamin B5: 0.95mg (9.51%), Iron: 1.7mg (9.46%), Potassium: 327.21mg (9.35%), Copper: 0.17mg (8.63%), Fiber: 2.13g (8.51%), Vitamin B6: 0.17mg (8.51%), Vitamin D: 1.12µg (7.47%), Vitamin E: 0.83mg (5.51%), Vitamin C: 1.78mg (2.16%)