



Homemade Mac and Cheese

READY IN



50 min.

SERVINGS



4

CALORIES



724 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup breadcrumbs
- 2 tablespoons butter
- 8 ounces elbow macaroni uncooked
- 2.5 tablespoons flour all-purpose
- 3 cups milk
- 1 pinch paprika
- 0.5 cup parmesan cheese grated
- 2 cups sharp cheddar cheese shredded

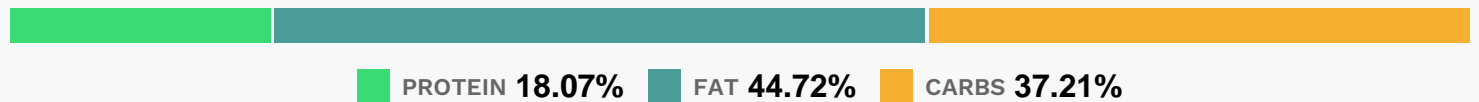
Equipment

- frying pan
- sauce pan
- oven
- casserole dish

Directions

- Cook macaroni according to the package directions.
- Drain.
- In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux.
- Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.
- Melt butter or margarine in a skillet over medium heat.
- Add breadcrumbs and brown.
- Spread over the macaroni and cheese to cover.
- Sprinkle with a little paprika.
- Bake at 350 degrees F (175 degrees C) for 30 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:6.21, Inflammation Score:-7, Nutrition Score:24.13260916005%

Nutrients (% of daily need)

Calories: 723.95kcal (36.2%), Fat: 35.86g (55.18%), Saturated Fat: 20.11g (125.72%), Carbohydrates: 67.12g (22.37%), Net Carbohydrates: 64.57g (23.48%), Sugar: 11.37g (12.63%), Cholesterol: 104.39mg (34.79%), Sodium: 805.14mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.22%), Selenium: 64.74µg (92.48%),

Calcium: 774.1mg (77.41%), Phosphorus: 659.11mg (65.91%), Vitamin B2: 0.66mg (38.77%), Manganese: 0.7mg (35%), Vitamin B12: 1.82µg (30.25%), Zinc: 4.4mg (29.34%), Vitamin A: 1157.96IU (23.16%), Vitamin B1: 0.34mg (22.74%), Magnesium: 78.66mg (19.67%), Vitamin D: 2.41µg (16.1%), Potassium: 501.17mg (14.32%), Vitamin B5: 1.3mg (13.04%), Vitamin B6: 0.26mg (13.02%), Vitamin B3: 2.37mg (11.86%), Copper: 0.23mg (11.53%), Folate: 46.07µg (11.52%), Fiber: 2.56g (10.23%), Iron: 1.76mg (9.78%), Vitamin E: 0.82mg (5.5%), Vitamin K: 3.59µg (3.42%)