



Kid-Friendly Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 cups elbow macaroni hot cooked uncooked
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon hot sauce
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 6 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1.3 cups skim milk

☐ 1 teaspoon worcestershire sauce low-sodium

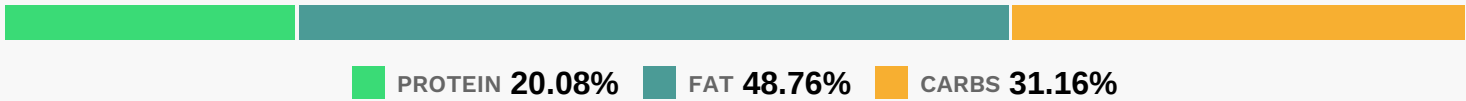
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt margarine in a saucepan over medium heat; add flour. Cook 1 minute; stirring constantly with a wire whisk. Gradually add milk, stirring constantly. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Remove from heat; add cheeses and next 4 ingredients, stirring until cheeses melt.
- ☐ Combine cheese sauce and macaroni in a bowl; stir well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.15, Glycemic Load:8.3, Inflammation Score:-4, Nutrition Score:7.8669565760571%

Nutrients (% of daily need)

Calories: 235.67kcal (11.78%), Fat: 12.72g (19.58%), Saturated Fat: 6.32g (39.53%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 17.46g (6.35%), Sugar: 3.02g (3.36%), Cholesterol: 32.06mg (10.69%), Sodium: 287.78mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Selenium: 21.9µg (31.29%), Calcium: 295.54mg (29.55%), Phosphorus: 229.28mg (22.93%), Vitamin B2: 0.22mg (13.16%), Zinc: 1.62mg (10.78%), Vitamin B12: 0.63µg (10.54%), Vitamin A: 494.48IU (9.89%), Manganese: 0.16mg (8.22%), Magnesium: 23.45mg (5.86%), Vitamin D: 0.74µg (4.96%), Vitamin B1: 0.07mg (4.51%), Potassium: 143.19mg (4.09%), Folate: 14.94µg (3.74%), Vitamin B5: 0.37mg (3.68%), Vitamin B6: 0.07mg (3.67%), Fiber: 0.83g (3.33%), Copper: 0.06mg (2.97%), Iron: 0.45mg (2.5%), Vitamin E: 0.33mg (2.22%), Vitamin B3: 0.4mg (2.02%)