



Mac and Cheese Henwood Style

READY IN



50 min.

SERVINGS



6

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup cheese crumbles blue
- 0.3 cup cheddar cheese cubed
- 0.3 teaspoon mustard dry
- 0.3 cup flour all-purpose
- 16 ounce fusilli pasta (spiral)
- 1 pinch ground pepper black
- 0.3 cup butter
- 2 cups milk
- 1 tablespoon onion minced

- 4 ounces processed cheese food
- 1 teaspoon salt

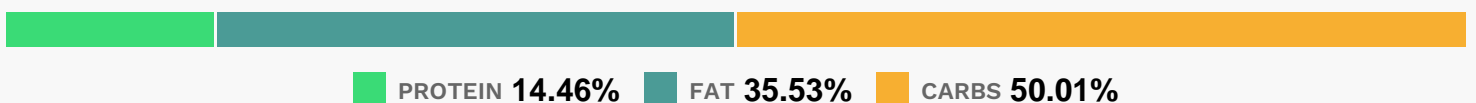
Equipment

- sauce pan
- oven
- whisk
- pot
- casserole dish
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fusilli, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- Drain well in a colander set in the sink.
- Preheat oven to 400 degrees F (200 degrees C). Lightly grease a casserole dish.
- Melt the margarine in a large saucepan over medium heat; cook the onion in the melted margarine until translucent, about 5 minutes.
- Whisk the flour into the onion mixture; cook 1 minute more. Slowly pour the milk into the mixture while whisking until the milk is entirely incorporated.
- Add the cheese food, blue cheese, Cheddar cheese, salt, pepper, and mustard; cook and stir continually the cheese has melted and the mixture is thick; fold the pasta into the mixture.
- Pour the mixture into the prepared casserole dish.
- Bake in the preheated oven until the top begins to brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:27.3, Inflammation Score:-6, Nutrition Score:16.04347822718%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 526.55kcal (26.33%), Fat: 20.67g (31.79%), Saturated Fat: 8.68g (54.26%), Carbohydrates: 65.44g (21.81%), Net Carbohydrates: 62.84g (22.85%), Sugar: 6.49g (7.21%), Cholesterol: 37.59mg (12.53%), Sodium: 923.69mg (40.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.84%), Selenium: 57.24µg (81.77%), Phosphorus: 398.51mg (39.85%), Calcium: 380.94mg (38.09%), Manganese: 0.75mg (37.4%), Vitamin B2: 0.27mg (16.12%), Zinc: 2.24mg (14.92%), Magnesium: 59.25mg (14.81%), Vitamin A: 738.93IU (14.78%), Vitamin B12: 0.85µg (14.18%), Copper: 0.24mg (12.05%), Vitamin B1: 0.16mg (10.85%), Fiber: 2.6g (10.41%), Potassium: 346.45mg (9.9%), Vitamin B6: 0.19mg (9.26%), Vitamin B3: 1.76mg (8.8%), Vitamin B5: 0.86mg (8.56%), Iron: 1.38mg (7.69%), Vitamin D: 1.06µg (7.1%), Folate: 28.21µg (7.05%), Vitamin E: 0.63mg (4.17%), Vitamin K: 1.11µg (1.06%)