



WHATSheATE



## Mac and Cheese II



Vegetarian



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounces elbow macaroni
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 8 ounces processed cheese food cubed
- ☐ 1 cup cheddar cheese shredded

### Equipment

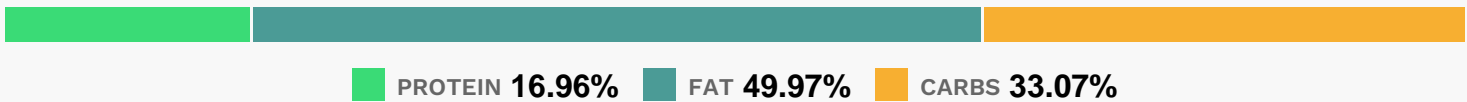
- ☐ bowl

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

## Directions

- ☐ In a large pot with boiling salted water cook elbow macaroni until al dente.
- ☐ Drain.
- ☐ In a medium saucepan, over medium heat melt butter or margarine.
- ☐ Whisk flour and stir vigorously.
- ☐ Add milk and cook until thick and bubbly, about 5 to 7 minutes.
- ☐ Add cheeses and stir until completely melted.
- ☐ In a large bowl mix together the drained pasta and cheese sauce mixture. Toss to coat evenly.
- ☐ Pour into a greased 2 quart casserole dish.
- ☐ Bake in a preheated 350 degree F (175 degrees C) oven for 30 minutes.
- ☐ Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:54.25, Glycemic Load:7.23, Inflammation Score:-7, Nutrition Score:22.764782594598%

## Nutrients (% of daily need)

Calories: 687.79kcal (34.39%), Fat: 38.14g (58.68%), Saturated Fat: 21.7g (135.62%), Carbohydrates: 56.79g (18.93%), Net Carbohydrates: 54.76g (19.91%), Sugar: 8.78g (9.76%), Cholesterol: 114.64mg (38.21%), Sodium: 1227.12mg (53.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.25%), Calcium: 957.05mg (95.71%), Selenium: 60.32µg (86.17%), Phosphorus: 733.32mg (73.33%), Vitamin B12: 1.82µg (30.34%), Manganese: 0.6mg (30.21%), Vitamin B2: 0.5mg (29.45%), Zinc: 3.81mg (25.39%), Vitamin A: 1191.44IU (23.83%), Magnesium: 68.92mg (17.23%), Vitamin B1: 0.2mg (13.18%), Vitamin D: 1.85µg (12.34%), Potassium: 416.07mg (11.89%), Vitamin

B5: 1.09mg (10.87%), Copper: 0.21mg (10.59%), Vitamin B6: 0.21mg (10.43%), Folate: 35.18µg (8.8%), Iron: 1.5mg (8.35%), Fiber: 2.03g (8.1%), Vitamin B3: 1.61mg (8.07%), Vitamin E: 0.96mg (6.37%), Vitamin K: 3.09µg (2.94%)