



Mac and Cheese, Please

READY IN



40 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup oatmeal cornflakes plain dry (or bread crumbs)
- ☐ 1 cup elbow macaroni
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 ounces cream cheese reduced-fat
- ☐ 2 cups milk low-fat
- ☐ 8 ounces cheddar cheese shredded reduced-fat (2 cups total)
- ☐ 0.3 teaspoon mustard
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 1 cup multigrain elbow macaroni whole-wheat
- ☐ 1 dash worcestershire sauce

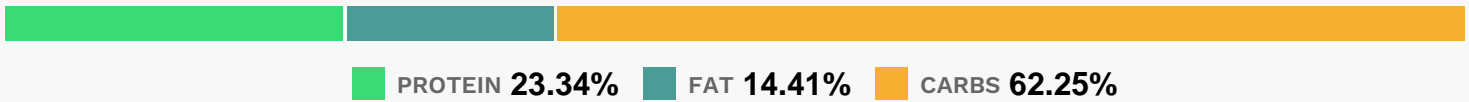
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook macaroni according to package directions; drain well.
- ☐ Preheat oven to 350F. Mist a 2 1/2-quart baking dish with cooking spray.
- ☐ Warm milk in a large saucepan over medium heat. Gradually add flour, whisking steadily until combined.
- ☐ Add mustard, garlic powder, salt, pepper and Worcestershire sauce. Continue cooking until sauce thickens, stirring constantly.
- ☐ Reduce heat to low.
- ☐ Whisk in cream cheese until well blended; add 1 1/3cups shredded Cheddar and stir until melted.
- ☐ Add macaroni, stirring until well coated.
- ☐ Pour into baking dish.
- ☐ Toss remaining Cheddar with cornflake crumbs and sprinkle evenly over top.
- ☐ Bake until golden on top and bubbling throughout, about 20minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:14.190000190683%

Nutrients (% of daily need)

Calories: 260.57kcal (13.03%), Fat: 4.21g (6.48%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 40.95g (13.65%),
Net Carbohydrates: 39.96g (14.53%), Sugar: 4.91g (5.46%), Cholesterol: 12.73mg (4.24%), Sodium: 372.41mg
(16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.71%), Selenium: 31.32µg (44.74%),
Manganese: 0.74mg (37.24%), Phosphorus: 300.8mg (30.08%), Iron: 3.99mg (22.19%), Calcium: 214.7mg (21.47%),
Vitamin B2: 0.36mg (21.07%), Vitamin B1: 0.3mg (19.74%), Vitamin B12: 1.06µg (17.62%), Vitamin B3: 3.22mg (16.1%),
Folate: 59.19µg (14.8%), Vitamin B6: 0.29mg (14.74%), Magnesium: 51.22mg (12.8%), Zinc: 1.59mg (10.63%), Copper:
0.16mg (8.21%), Vitamin A: 390.06IU (7.8%), Vitamin D: 1.05µg (7.02%), Potassium: 229.45mg (6.56%), Vitamin B5:
0.61mg (6.09%), Fiber: 0.99g (3.97%), Vitamin C: 2.09mg (2.53%)