Macaroni and Cheese

READY IN	SERVINGS	CALORIES
45 min.	8	233 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 2 slices bread whole-wheat (2 oz. total)
- [ ] 1 cup chicken broth
- [ ] 0.8 pound elbow macaroni dried
- [ ] 0.3 cup flour all-purpose
- [ ] 0.1 teaspoon ground nutmeg
- [ ] 24 oz evaporated nonfat milk canned
- [ ] 1 cup onion chopped
- [ ] 0.8 teaspoon paprika
- [ ] 1 tablespoon parmesan cheese grated

- [ ] 8 servings salt and pepper

Equipment

- [ ] food processor
- [ ] frying pan
- [ ] oven
- [ ] blender

Directions

- [ ] Cook macaroni in about 2 quarts boiling water just until tender to bite, 6 to 8 minutes.
- [ ] Drain.
- [ ] Meanwhile, tear bread into 1/2-inch chunks. In a food processor or blender, combine bread, parmesan cheese, and 1/4 teaspoon paprika; whirl until mixture is coarse crumbs.
- [ ] In 5- to 6-quart pan over high heat, frequently stir onion and 2 tablespoons water until onion is limp and begins to brown, about 4 minutes. Stir in flour and remaining 1/2 teaspoon paprika.
- [ ] Remove onion mixture from heat and blend in milk and broth until smooth, then stir over high heat until sauce boils, about 5 minutes.
- [ ] Remove from heat again, add cheese, and stir until it melts.
- [ ] Add nutmeg, and salt and pepper to taste.
- [ ] Add macaroni to cheese sauce and mix, then pour into a shallow 2- to 2 1/2-quart casserole.
- [ ] Sprinkle with seasoned bread crumbs.
- [ ] Bake in a 450 oven until crumbs are browned, 3 to 4 minutes.

Nutrition Facts

PROTEIN **17.74%** FAT **5.29%** CARBS **76.97%**

Properties

Glycemic Index:34.86, Glycemic Load:5.75, Inflammation Score:-5, Nutrition Score:9.985652324946%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 233.17kcal (11.66%), Fat: 1.36g (2.09%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 42.25g (15.36%), Sugar: 6.84g (7.61%), Cholesterol: 3.68mg (1.23%), Sodium: 385.25mg (16.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.47%), Selenium: 32.37µg (46.24%), Manganese: 0.55mg (27.34%), Phosphorus: 196.21mg (19.62%), Calcium: 142.44mg (14.24%), Vitamin B2: 0.2mg (11.83%), Vitamin B1: 0.16mg (10.77%), Magnesium: 39.38mg (9.85%), Fiber: 2.16g (8.63%), Vitamin B12: 0.51µg (8.46%), Potassium: 290.97mg (8.31%), Zinc: 1.17mg (7.82%), Vitamin B3: 1.55mg (7.76%), Copper: 0.15mg (7.74%), Vitamin B6: 0.15mg (7.39%), Folate: 26.41µg (6.6%), Vitamin D: 0.94µg (6.26%), Iron: 1.09mg (6.08%), Vitamin B5: 0.6mg (5.95%), Vitamin A: 272.42IU (5.45%), Vitamin C: 1.5mg (1.81%)