



Macaroni-and-Cheese

READY IN



45 min.

SERVINGS



5

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon peppercorns black
- ☐ 8 ounces elbow macaroni hot cooked uncooked
- ☐ 4 teaspoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 1.5 ounces gouda cheese smoked shredded
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 cups milk 2% divided reduced-fat
- ☐ 0.5 teaspoon mustard prepared

- ☐ 0.5 cup onion thinly sliced
- ☐ 4 parsley sprigs
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 thyme sprigs
- ☐ 2 ounce bread white

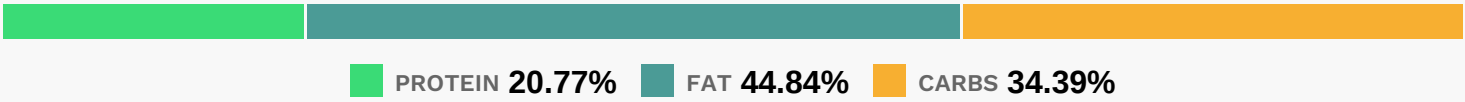
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs form to measure 2/3 cup. Set aside.
- ☐ Combine 1 1/2 cups milk and next 6 ingredients (1 1/2 cups milk through garlic) in a saucepan, and bring to a boil over medium heat.
- ☐ Remove from heat; cover and let stand 30 minutes. Strain milk mixture through a sieve into a large bowl; discard solids.
- ☐ Preheat oven to 35
- ☐ Place flour in a small bowl; gradually add 1/2 cup milk, stirring with a whisk until blended.
- ☐ Add flour mixture, mustard, salt, and red pepper to milk mixture, stirring well with a whisk. Stir in macaroni and cheeses; spoon into an 8-inch square baking dish coated with cooking spray. Top with breadcrumbs.
- ☐ Bake at 350 for 25 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:96.69, Glycemic Load:12.21, Inflammation Score:-7, Nutrition Score:13.211739130642%

Flavonoids

Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 335.11kcal (16.76%), Fat: 16.7g (25.69%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 27.07g (9.84%), Sugar: 6.65g (7.39%), Cholesterol: 51.27mg (17.09%), Sodium: 514.28mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.81%), Calcium: 452.69mg (45.27%), Selenium: 28.75µg (41.08%), Phosphorus: 338.49mg (33.85%), Vitamin B2: 0.41mg (23.96%), Manganese: 0.4mg (19.89%), Vitamin B12: 0.99µg (16.53%), Zinc: 2.44mg (16.28%), Vitamin K: 15.91µg (15.15%), Vitamin A: 599.14IU (11.98%), Magnesium: 38.25mg (9.56%), Vitamin B1: 0.14mg (9.32%), Folate: 37.07µg (9.27%), Potassium: 249.8mg (7.14%), Fiber: 1.75g (7%), Vitamin B5: 0.67mg (6.66%), Vitamin B6: 0.13mg (6.64%), Iron: 1.05mg (5.81%), Copper: 0.11mg (5.28%), Vitamin B3: 0.98mg (4.92%), Vitamin C: 3.31mg (4.02%), Vitamin E: 0.39mg (2.62%), Vitamin D: 0.25µg (1.64%)