



Macaroni and Cheese Dijon

READY IN



45 min.

SERVINGS



45

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 2 Tbsp grey poupon dijon mustard
- 0.5 cup fried onions french canned
- 0.3 cup green onions sliced
- 0.1 tsp ground pepper red (cayenne)
- 1.3 cups milk
- 3.5 cups tri-colored rotini pasta cooked drained
- 8 oz velveeta cut into 1/2-inch cubes
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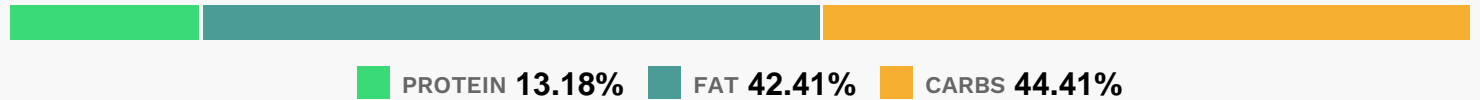
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F. Cook milk, VELVEETA and mustard in large saucepan on low heat until VELVEETA is completely melted and mixture is well blended, stirring occasionally.
- Add pasta, bacon, green onions and pepper; mix lightly.
- Spoon into greased 2-qt. casserole; cover.
- Bake 15 to 20 min. or until heated through; stir. Top with onions.
- Bake, uncovered, 5 min.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:3.91, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.0795652127784%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 38.16kcal (1.91%), Fat: 1.78g (2.74%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.99g (1.45%), Sugar: 0.48g (0.53%), Cholesterol: 2.75mg (0.92%), Sodium: 34.91mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Selenium: 3.9µg (5.57%), Manganese: 0.05mg (2.37%), Phosphorus: 20.9mg (2.09%), Vitamin K: 1.57µg (1.5%), Vitamin B1: 0.02mg (1.19%), Vitamin B3: 0.21mg (1.06%), Calcium: 10.42mg (1.04%), Magnesium: 4.11mg (1.03%)