



Macaroni And Cheese I

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 4 tablespoons butter
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 clove garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 2 cups macaroni
- ☐ 0.5 cup milk
- ☐ 1 onion chopped

- ☐ 6 servings salt to taste
- ☐ 1 cup cheddar cheese shredded

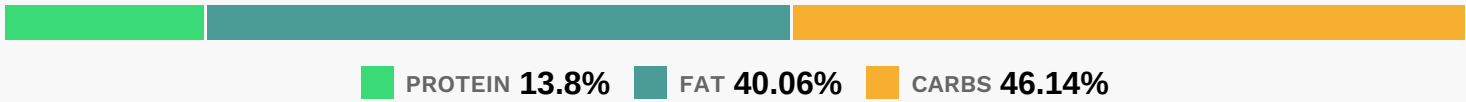
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook the macaroni according to package directions.
- ☐ Drain.
- ☐ In a saucepan, melt 2 tablespoons butter or margarine over medium heat.
- ☐ Add onion and garlic, and saute until onions have a rich golden color.
- ☐ Mix in the tomatoes and the spices. Stir in milk and 3/4 cup shredded cheese.
- ☐ Let sauce simmer gently until the cheese is melted, stirring often.
- ☐ Mix in the cooked macaroni.
- ☐ Transfer macaroni and cheese to an ovenproof pan.
- ☐ Sprinkle with breadcrumbs and 1/4 cup cheese. Dice remaining 2 tablespoons butter or margarine, and spread evenly over the top.
- ☐ Bake at 350 degrees F (175 degrees C) for about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:12.743478184161%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 352.05kcal (17.6%), Fat: 15.85g (24.39%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 37.83g (13.76%), Sugar: 6.34g (7.05%), Cholesterol: 41.34mg (13.78%), Sodium: 543.99mg (23.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.56%), Selenium: 30.78µg (43.98%), Manganese: 0.59mg (29.27%), Phosphorus: 218.44mg (21.84%), Calcium: 215.86mg (21.59%), Copper: 0.27mg (13.35%), Vitamin B1: 0.2mg (13.14%), Fiber: 3.24g (12.98%), Vitamin B2: 0.21mg (12.57%), Vitamin A: 605.98IU (12.12%), Magnesium: 46.42mg (11.6%), Vitamin B6: 0.22mg (10.96%), Zinc: 1.64mg (10.9%), Potassium: 375.91mg (10.74%), Iron: 1.93mg (10.73%), Vitamin B3: 2.1mg (10.49%), Vitamin C: 7.82mg (9.48%), Vitamin E: 1.31mg (8.7%), Folate: 32.98µg (8.25%), Vitamin K: 6.71µg (6.39%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.58mg (5.83%), Vitamin D: 0.34µg (2.24%)