



Macaroni and Cheese (Makeover)

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz elbow macaroni uncooked
- ☐ 0.5 cup cream fat-free sour
- ☐ 2 cups skim milk fat-free (skim)
- ☐ 2 tablespoons dehydrated onion dried minced finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon mustard yellow
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 teaspoon pepper black

- ☐ 8 oz sharp cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons breadcrumbs plain
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 2 teaspoons vegetable oil

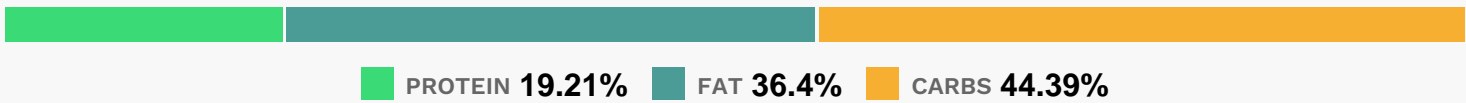
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ In 3-quart saucepan, cook and drain macaroni as directed on package. Return to saucepan; stir in sour cream. Cover to keep warm.
- ☐ Meanwhile, heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 2-quart saucepan, stir milk, onion, flour, mustard, seasoned salt, red pepper and black pepper with wire whisk until smooth. Cook over medium heat, stirring constantly, until mixture boils and thickens.
- ☐ Remove from heat. Stir in cheese until melted.
- ☐ Add cheese sauce to cooked macaroni mixture; mix well. Spoon into baking dish. In small bowl, mix topping ingredients until crumbly.
- ☐ Sprinkle over casserole.
- ☐ Bake 20 to 25 minutes or until edges are bubbly.

Nutrition Facts



Properties

Glycemic Index:38.54, Glycemic Load:3.67, Inflammation Score:-6, Nutrition Score:14.192608838496%

Nutrients (% of daily need)

Calories: 390.3kcal (19.51%), Fat: 15.72g (24.19%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 41.44g (15.07%), Sugar: 6.2g (6.88%), Cholesterol: 43.42mg (14.47%), Sodium: 566.97mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Selenium: 40.31µg (57.58%), Calcium: 433.75mg (43.38%), Phosphorus: 376.6mg (37.66%), Manganese: 0.45mg (22.49%), Vitamin B2: 0.37mg (21.53%), Zinc: 2.57mg (17.14%), Vitamin B12: 0.97µg (16.1%), Vitamin A: 644.66IU (12.89%), Magnesium: 47.01mg (11.75%), Vitamin B1: 0.17mg (11.38%), Potassium: 319.23mg (9.12%), Vitamin B6: 0.17mg (8.38%), Folate: 31.94µg (7.99%), Vitamin D: 1.13µg (7.56%), Copper: 0.15mg (7.5%), Vitamin B5: 0.68mg (6.77%), Fiber: 1.69g (6.77%), Vitamin B3: 1.25mg (6.23%), Iron: 0.95mg (5.28%), Vitamin K: 4.24µg (4.04%), Vitamin E: 0.49mg (3.29%), Vitamin C: 1.32mg (1.6%)