



## Macaroni and Cheese V

READY IN



50 min.

SERVINGS



6

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 0.8 cup bread crumbs dry
- 0.3 teaspoon mustard dry
- 1 tablespoon flour all-purpose
- 8 ounces macaroni
- 1.5 cups milk
- 1 small onion minced
- 6 servings salt and pepper to taste
- 2 cups cheddar cheese shredded

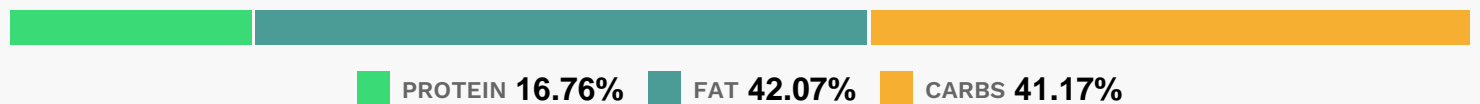
## Equipment

- bowl
- sauce pan
- oven
- pot
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- Place the bread crumbs into a small bowl and mix well with the melted butter; set aside.
- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook for 8 to 10 minutes or until al dente; drain, then place into prepared casserole dish.
- While the pasta is cooking, melt 2 tablespoons butter in a saucepan over medium heat. Stir in the minced onion and cook until the onion softens and turns translucent, about 5 minutes.
- Stir in the flour, pepper, salt, and dry mustard until incorporated, then pour in the milk and bring to a simmer. Simmer, stirring constantly until the milk has thickened, about 10 minutes. Take the milk off of the heat and stir in the Cheddar cheese until melted.
- Pour cheese sauce over the macaroni, then sprinkle evenly with buttered bread crumbs.
- Bake until the top is golden and bubbly, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:36.17, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:13.683913023575%

## Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin:

2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 426.94kcal (21.35%), Fat: 19.88g (30.59%), Saturated Fat: 11.04g (69.01%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 41.72g (15.17%), Sugar: 5.41g (6.01%), Cholesterol: 55.02mg (18.34%), Sodium: 594.91mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.65%), Selenium: 39.81µg (56.88%), Calcium: 378.31mg (37.83%), Phosphorus: 334.38mg (33.44%), Manganese: 0.5mg (25.15%), Vitamin B2: 0.34mg (19.91%), Zinc: 2.4mg (16%), Vitamin B1: 0.23mg (15.05%), Vitamin B12: 0.78µg (13.06%), Vitamin A: 593.12IU (11.86%), Magnesium: 45.18mg (11.29%), Vitamin B3: 1.72mg (8.58%), Folate: 33.94µg (8.48%), Fiber: 2.06g (8.24%), Copper: 0.16mg (8.19%), Vitamin B6: 0.15mg (7.41%), Iron: 1.3mg (7.2%), Potassium: 251.4mg (7.18%), Vitamin B5: 0.65mg (6.46%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.48mg (3.21%), Vitamin K: 2.4µg (2.28%), Vitamin C: 0.87mg (1.05%)