



Macaroni and Cheese with Mustard and Worcestershire

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 0.1 teaspoon ground pepper
- ☐ 3 large eggs
- ☐ 2 cups elbow macaroni
- ☐ 10 ounce evaporated milk canned
- ☐ 1 tablespoon mustard prepared
- ☐ 1 teaspoon worcestershire sauce

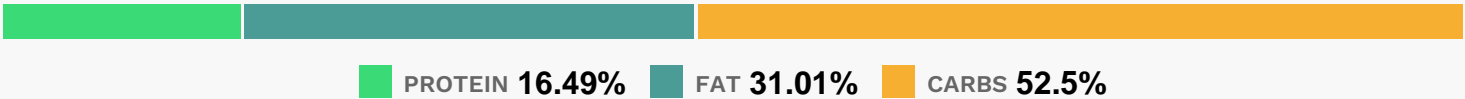
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Butter 8x8x2-inch glass baking dish. Cook macaroni in medium pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain macaroni and place in large bowl.
- ☐ Add butter and toss until melted.
- ☐ Mix in 2 cups cheddar cheese. Beat milk, eggs, mustard, Worcestershire sauce, and cayenne pepper in medium bowl to blend. Stir egg mixture into macaroni.
- ☐ Transfer to prepared dish; sprinkle remaining 1/2 cup cheddar cheese over.
- ☐ Bake macaroni until golden on top and set in center, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:10.336086946985%

Nutrients (% of daily need)

Calories: 308.56kcal (15.43%), Fat: 10.53g (16.2%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 38.51g (14%), Sugar: 6.22g (6.92%), Cholesterol: 116.74mg (38.91%), Sodium: 158.9mg (6.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.21%), Selenium: 39.16µg (55.94%), Phosphorus: 238.16mg (23.82%), Manganese: 0.45mg (22.45%), Vitamin B2: 0.3mg (17.44%), Calcium: 150.95mg (15.09%), Magnesium: 40.56mg (10.14%), Zinc: 1.37mg (9.12%), Vitamin B5: 0.9mg (8.98%), Potassium: 295.44mg (8.44%), Copper: 0.16mg (8.22%), Vitamin A: 384.45IU (7.69%), Iron: 1.23mg (6.84%), Vitamin B6: 0.14mg (6.76%), Fiber: 1.61g (6.45%), Folate: 24.37µg (6.09%), Vitamin B1: 0.08mg (5.33%), Vitamin B12: 0.31µg (5.1%), Vitamin B3: 0.93mg (4.65%), Vitamin D: 0.55µg (3.65%), Vitamin E: 0.52mg (3.46%), Vitamin C: 1.07mg (1.3%)