



Mark's Mom's Macaroni and Cheese

READY IN



80 min.

SERVINGS



6

CALORIES



801 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounces bread crumbs
- 1 ounce butter
- 1.3 pounds cheese white
- 2 pounds macaroni cooked
- 0.8 ounce flour
- 0.8 cup milk
- 4 ounces parmesan grated
- 6 servings salt and pepper black freshly ground

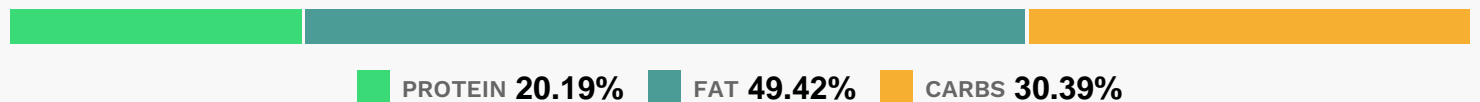
Equipment

- sauce pan
- oven
- baking pan
- broiler

Directions

- Preheat oven to 400 degrees F.
- In a small saucepan over medium heat, melt butter and then stir in flour; cook for 1 minute or until lightly golden. Slowly add the milk to the flour mixture, stirring until thickened, and then stir in the 3 cheeses until fully melted. Season with salt and pepper, to taste.
- Add cooked macaroni and stir to coat evenly.
- Transfer to a shallow baking dish.
- Bake for about 45 minutes, until brown and crisp on top.
- Remove from oven and preheat the broiler.
- Sprinkle Parmesan and bread crumbs over top. Return to the oven and broil until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:49.78, Glycemic Load:25.12, Inflammation Score:-7, Nutrition Score:23.545652368794%

Nutrients (% of daily need)

Calories: 801.19kcal (40.06%), Fat: 43.76g (67.33%), Saturated Fat: 24.63g (153.92%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 57.3g (20.84%), Sugar: 3.38g (3.75%), Cholesterol: 121.17mg (40.39%), Sodium: 1033.54mg (44.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.22g (80.45%), Selenium: 75.13µg (107.32%), Calcium: 959.38mg (95.94%), Phosphorus: 703.18mg (70.32%), Vitamin B2: 0.61mg (35.83%), Zinc: 5.05mg (33.68%), Manganese: 0.63mg (31.25%), Vitamin A: 1262.51IU (25.25%), Vitamin B12: 1.43µg (23.9%), Magnesium: 69.81mg (17.45%), Vitamin B1: 0.2mg (13.44%), Fiber: 3.27g (13.07%), Folate: 48.51µg (12.13%), Copper:

0.22mg (10.96%), Vitamin B6: 0.19mg (9.43%), Iron: 1.69mg (9.41%), Vitamin B5: 0.83mg (8.33%), Vitamin B3: 1.58mg (7.88%), Vitamin D: 1µg (6.65%), Vitamin E: 0.98mg (6.51%), Potassium: 227.2mg (6.49%), Vitamin K: 3.81µg (3.63%)