

# Mom's Favorite Baked Mac and Cheese

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon mustard dry
- ☐ 8 ounce elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 cups milk
- ☐ 0.3 cup onion finely chopped
- ☐ 8 ounce processed american cheese cut into strips

- ☐ 0.8 teaspoon salt
- ☐ 2 cups sharp cheddar cheese shredded

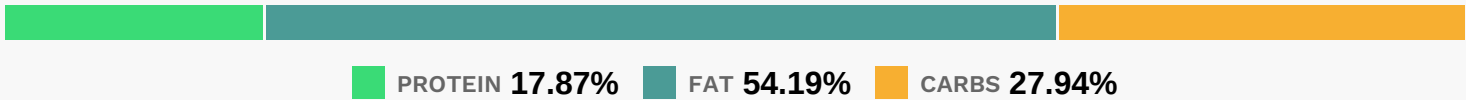
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Saute onion for 2 minutes. Stir in flour and cook 1 minute, stirring constantly. Stir in milk, salt, mustard and pepper; cook, stirring frequently, until mixture boils and thickens.
- ☐ Meanwhile, bring a pot of lightly salted water to a boil.
- ☐ Add macaroni and cook for 8 to 10 minutes or until al dente; drain.
- ☐ To the milk mixture add the Cheddar and American cheeses; stir until cheese melts.
- ☐ Combine macaroni and cheese sauce in a 2 quart baking dish; mix well.
- ☐ Bake in preheated oven for 30 minutes, or until hot and bubbly.
- ☐ Let cool 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:17.412608918936%

## Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 529.23kcal (26.46%), Fat: 31.88g (49.04%), Saturated Fat: 18.08g (113.03%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 35.54g (12.92%), Sugar: 6.2g (6.89%), Cholesterol: 95.26mg (31.75%), Sodium: 1232.19mg (53.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Calcium: 773.31mg (77.33%), Selenium: 45.01µg (64.3%), Phosphorus: 575.66mg (57.57%), Vitamin B2: 0.41mg (23.87%), Vitamin B12: 1.41µg (23.56%), Zinc: 3.23mg (21.57%), Manganese: 0.41mg (20.51%), Vitamin A: 983.64IU (19.67%), Magnesium: 51.87mg (12.97%), Vitamin D: 1.35µg (8.98%), Potassium: 301.12mg (8.6%), Vitamin B1: 0.12mg (8.03%), Vitamin B5: 0.8mg (8.01%), Vitamin B6: 0.16mg (7.99%), Copper: 0.15mg (7.42%), Folate: 24µg (6%), Fiber: 1.43g (5.73%), Iron: 0.95mg (5.26%), Vitamin E: 0.79mg (5.25%), Vitamin B3: 0.94mg (4.71%), Vitamin K: 2.67µg (2.55%)