



## Mom's Macaroni and Cheese

READY IN



40 min.

SERVINGS



5

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 oz elbow macaroni uncooked
- 2 tablespoons butter
- 0.3 cup onion chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup flour all-purpose
- 1.8 cups milk
- 6 oz processed cheese food cut into 1/2-inch cubes

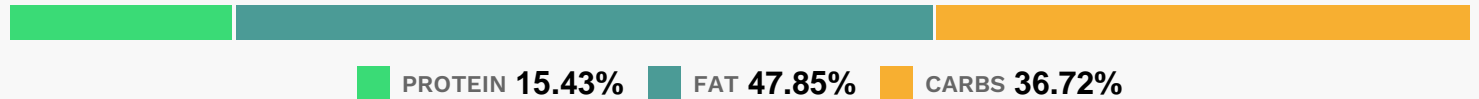
## Equipment

- bowl
- sauce pan
- oven

## Directions

- Heat oven to 375°F. Cook and drain macaroni as directed on package using minimum cook time.
- Meanwhile, in 2-quart saucepan, melt butter over medium heat. Cook onion, salt and pepper in butter, stirring occasionally, until onion is crisp-tender.
- In small bowl, mix flour and milk until smooth; stir into onion mixture.
- Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted. Stir in macaroni. Into ungreased 1 1/2-quart casserole, spoon macaroni mixture.
- Bake about 30 minutes or until bubbly and light brown.

## Nutrition Facts



## Properties

Glycemic Index:39.8, Glycemic Load:5.48, Inflammation Score:-5, Nutrition Score:11.903913129931%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 349.09kcal (17.45%), Fat: 18.56g (28.55%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 30.81g (11.2%), Sugar: 5.99g (6.66%), Cholesterol: 44.27mg (14.76%), Sodium: 888.44mg (38.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.92%), Calcium: 471.54mg (47.15%), Selenium: 28.58µg (40.82%), Phosphorus: 368.42mg (36.84%), Manganese: 0.34mg (17.18%), Vitamin B12: 0.98µg (16.28%), Vitamin B2: 0.25mg (14.69%), Vitamin A: 660.85IU (13.22%), Zinc: 1.66mg (11.04%), Magnesium: 36.64mg (9.16%), Vitamin B1: 0.13mg (8.79%), Vitamin D: 1.14µg (7.62%), Potassium: 258.32mg (7.38%), Vitamin B5:

0.62mg (6.21%), Vitamin B6: 0.12mg (6.19%), Copper: 0.11mg (5.6%), Folate: 20.85µg (5.21%), Iron: 0.9mg (5.01%),  
Fiber: 1.24g (4.95%), Vitamin B3: 0.98mg (4.89%), Vitamin E: 0.53mg (3.51%), Vitamin K: 1.38µg (1.32%)