



Monday Night Mac and Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon dijon mustard dry
- 12 ounces elbow macaroni
- 2 cups extra-old cheddar cheese shredded
- 2 tablespoons flour all-purpose
- 1.5 cups milk
- 0.3 teaspoon pepper
- 6 servings salt
- 3 cups water

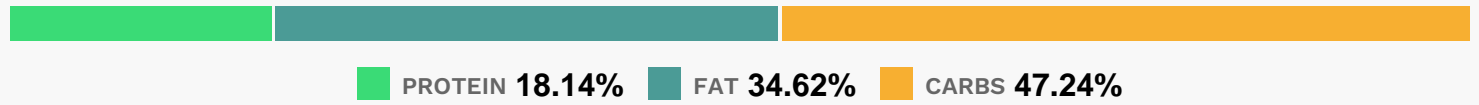
Equipment

- whisk
- pot

Directions

- In a large pot, heat water and cream over medium heat until steaming. Stir in macaroni and 1/4 tsp (1 mL) salt. Cover, reduce heat to medium-low and simmer for about 8 min, stirring often, or until macaroni is almost tender.
- Whisk flour, mustard and pepper into milk; stir into pot. Increase heat to medium; cook, stirring, for 3 to 5 min or until sauce is thickened.
- Remove from heat; stir in cheese until melted.
- Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:13.443912910378%

Nutrients (% of daily need)

Calories: 410.45kcal (20.52%), Fat: 15.67g (24.11%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 46.17g (16.79%), Sugar: 4.59g (5.1%), Cholesterol: 44.99mg (15%), Sodium: 481.86mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.47g (36.95%), Selenium: 48.79µg (69.7%), Calcium: 358.18mg (35.82%), Phosphorus: 345.02mg (34.5%), Manganese: 0.56mg (27.89%), Vitamin B2: 0.3mg (17.49%), Zinc: 2.47mg (16.45%), Magnesium: 49.82mg (12.46%), Vitamin B12: 0.73µg (12.14%), Copper: 0.2mg (10.07%), Vitamin A: 477.29IU (9.55%), Vitamin B1: 0.12mg (7.83%), Fiber: 1.94g (7.76%), Vitamin B6: 0.15mg (7.28%), Potassium: 252.01mg (7.2%), Vitamin B5: 0.64mg (6.42%), Vitamin B3: 1.2mg (6%), Vitamin D: 0.9µg (5.98%), Folate: 22.76µg (5.69%), Iron: 0.94mg (5.2%), Vitamin E: 0.38mg (2.54%), Vitamin K: 1.3µg (1.24%)