



Mouse's Macaroni and Cheese



Vegetarian



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces processed cheese food cubed
- ☐ 0.3 cup butter
- ☐ 1.5 cups elbow macaroni uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups milk
- ☐ 1 teaspoon ground mustard
- ☐ 8 ounces processed cheese food cubed (eg. Velveeta)

☐ 0.3 cup seasoned bread crumbs dry

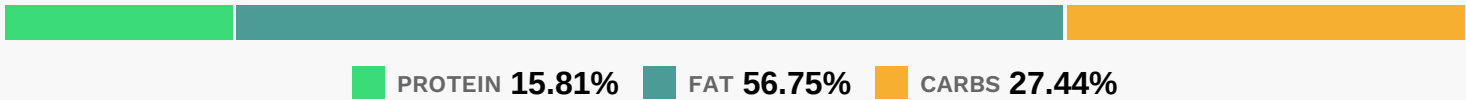
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Butter a 1 1/2 quart casserole dish. Bring a saucepan of lightly salted water to a boil.
- ☐ Add macaroni, and cook until not quite done, about 6 minutes.
- ☐ Drain.
- ☐ In a separate saucepan, melt the butter over medium heat. Blend in the flour, mustard powder, and pepper until smooth. Slowly stir in the milk, beating out any lumps.
- ☐ Add the American and processed cheeses, and stir constantly until the sauce is thick and smooth.
- ☐ Drain noodles, and stir them into the cheese sauce.
- ☐ Transfer the mixture to the prepared casserole dish.
- ☐ Sprinkle bread crumbs over the top.
- ☐ Cover the dish, and bake for 20 to 25 minutes, or until sauce is thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.62, Inflammation Score:-7, Nutrition Score:18.74391312962%

Nutrients (% of daily need)

Calories: 557.72kcal (27.89%), Fat: 35.26g (54.25%), Saturated Fat: 20.21g (126.29%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 36.82g (13.39%), Sugar: 6.88g (7.64%), Cholesterol: 105.74mg (35.25%), Sodium: 1424.04mg (61.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.21%), Calcium: 911.5mg (91.15%),

Phosphorus: 649.99mg (65%), Selenium: 41.82µg (59.75%), Vitamin B12: 1.61µg (26.78%), Manganese: 0.47mg (23.61%), Vitamin A: 1094.11IU (21.88%), Vitamin B2: 0.35mg (20.47%), Zinc: 2.83mg (18.87%), Magnesium: 52.81mg (13.2%), Vitamin B1: 0.16mg (10.64%), Potassium: 323.23mg (9.24%), Vitamin D: 1.35µg (8.99%), Vitamin B5: 0.82mg (8.19%), Copper: 0.16mg (7.96%), Vitamin B6: 0.15mg (7.62%), Iron: 1.36mg (7.55%), Vitamin E: 0.94mg (6.26%), Fiber: 1.56g (6.23%), Vitamin B3: 1.22mg (6.09%), Folate: 23.75µg (5.94%), Vitamin K: 5.78µg (5.5%)