



Mozzarella Macaroni and Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups elbow macaroni uncooked
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 1 teaspoon garlic grated very finely chopped
- 2 cups milk
- 8 oz mozzarella cheese shredded
- 0.3 cup basil fresh chopped

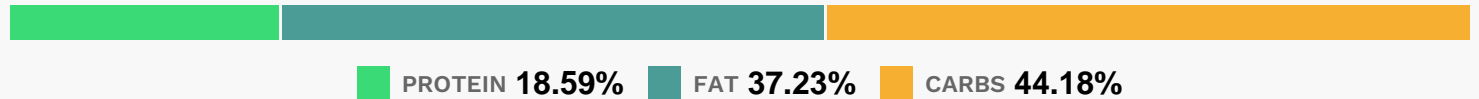
Equipment

- frying pan
- whisk

Directions

- Cook and drain macaroni as directed on package.
- In 10-inch skillet, melt butter over medium heat. Using whisk, stir in flour, salt and garlic. Cook 2 to 3 minutes, or until mixture smells nutty and is lightly golden, stirring constantly with whisk.
- Add milk. Continue to beat with whisk, scraping bottom of skillet until mixture heats to boiling.
- Mixture will thicken.
- Remove from heat; add cheese and basil. Stir with whisk until smooth. Stir in drained macaroni.
- Serve with additional basil leaves if desired.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:4.65, Inflammation Score:-6, Nutrition Score:18.603478436885%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 568.3kcal (28.41%), Fat: 23.36g (35.94%), Saturated Fat: 13.53g (84.53%), Carbohydrates: 62.36g (20.79%), Net Carbohydrates: 59.98g (21.81%), Sugar: 8.35g (9.28%), Cholesterol: 74.48mg (24.83%), Sodium: 1032.71mg (44.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.48%), Selenium: 57.65µg (82.36%), Phosphorus: 463.95mg (46.4%), Calcium: 457.71mg (45.77%), Manganese: 0.72mg (36.03%), Vitamin B12: 1.96µg (32.72%), Vitamin B2: 0.39mg (23.16%), Zinc: 3.2mg (21.32%), Vitamin A: 835.05IU (16.7%), Magnesium: 65.21mg (16.3%), Vitamin B1: 0.18mg (12.01%), Potassium: 395.44mg (11.3%), Copper: 0.22mg (11.18%), Vitamin D: 1.57µg (10.46%), Vitamin B6: 0.21mg (10.41%), Fiber: 2.38g (9.52%), Vitamin B5: 0.87mg (8.68%), Vitamin B3: 1.62mg

(8.1%), Vitamin K: 8.48µg (8.08%), Iron: 1.4mg (7.78%), Folate: 24.68µg (6.17%), Vitamin E: 0.42mg (2.82%)