



Multigrain Mac and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



905 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons bread crumbs
- ☐ 12 ounces cheddar grated
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 servings kosher salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups milk whole
- ☐ 3.5 cups elbow macaroni whole-wheat

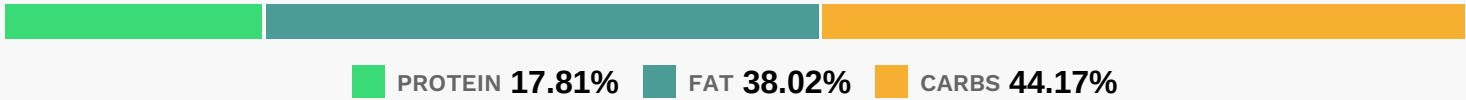
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook the macaroni according to the package directions. Meanwhile, heat 1 tablespoon of the butter in a large saucepan over medium heat.
- ☐ Add the bread crumbs and cook, stirring, until golden, 1 to 2 minutes. Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, and the parsley (if using).
- ☐ Transfer to a small bowl and set aside. Wipe out the saucepan and melt the remaining tablespoon of butter over medium heat.
- ☐ Add the flour and cook, stirring, for 2 minutes.
- ☐ Whisk in the milk and cook, stirring occasionally, until the sauce has slightly thickened, 5 to 7 minutes.
- ☐ Add the Cheddar and 1 1/2 teaspoon salt and whisk until the cheese melts. Stir in the macaroni. Divide among bowls and sprinkle with the bread crumbs.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.22, Inflammation Score:-9, Nutrition Score:34.001304206641%

Nutrients (% of daily need)

Calories: 904.96kcal (45.25%), Fat: 39.52g (60.8%), Saturated Fat: 22.01g (137.54%), Carbohydrates: 103.29g (34.43%), Net Carbohydrates: 103.02g (37.46%), Sugar: 5g (5.56%), Cholesterol: 111.08mg (37.03%), Sodium: 831.99mg (36.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.66g (83.32%), Manganese: 3.81mg (190.7%), Selenium: 117.2µg (167.43%), Phosphorus: 809.94mg (80.99%), Calcium: 774.07mg (77.41%), Magnesium: 211.83mg (52.96%), Vitamin B1: 0.74mg (49.14%), Zinc: 6.49mg (43.28%), Vitamin B2: 0.71mg (41.66%), Vitamin B3: 6.87mg (34.35%), Copper: 0.6mg (30.09%), Iron: 4.91mg (27.3%), Folate: 96.68µg (24.17%), Vitamin B12: 1.42µg (23.75%), Vitamin A: 1175.35IU (23.51%), Vitamin B6: 0.39mg (19.74%), Vitamin B5: 1.94mg (19.41%), Potassium: 479.64mg (13.7%), Vitamin D: 1.62µg (10.81%), Vitamin E: 0.85mg (5.67%), Vitamin K: 3.14µg (2.99%), Fiber: 0.28g (1.1%)