



Old-Fashioned Mac and Cheese

 Vegetarian  Popular

READY IN



65 min.

SERVINGS



8

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 tablespoons butter
- 2 cups elbow macaroni uncooked
- 2 tablespoons flour all-purpose
- 2 cups milk
- 0.3 onion minced
- 0.3 pound processed cheese food
- 8 servings salt and pepper to taste
- 0.3 pound cheddar cheese shredded

0.3 pound swiss cheese shredded

Equipment

sauce pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Prepare the elbow macaroni according to package directions.

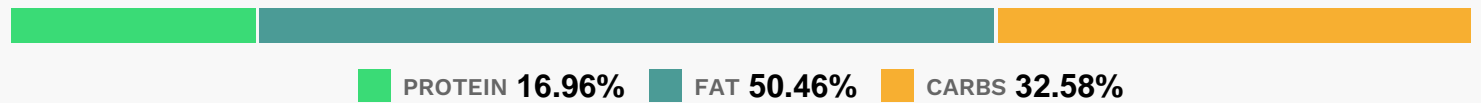
Meanwhile, melt the butter in a small saucepan over medium high heat. Stir in the flour until a cream colored paste forms. Then pour in the milk and stir constantly until this comes to a hard boil, then stir for 1 more minute.

Remove from heat and set aside.

When the macaroni is cooked, spread 1/2 of it into the bottom of a lightly greased 9x13-inch baking dish. Then layer 1/2 of the grated onion, 1/2 of the salt and pepper and 1/2 of each of the cheeses. Repeat this one more time: macaroni, onion, salt and pepper and cheeses, and then pour the reserved white sauce over all. Top off with small pats of butter to taste.

Cover and bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:12.20260874344%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 390.97kcal (19.55%), Fat: 21.9g (33.69%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 30.58g (11.12%), Sugar: 4.39g (4.88%), Cholesterol: 63.9mg (21.3%), Sodium: 620.04mg (26.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.11%), Selenium: 35.14µg (50.21%), Calcium: 459.75mg (45.97%), Phosphorus: 369.61mg (36.96%), Vitamin B12: 1.13µg (18.87%), Manganese: 0.35mg (17.45%), Vitamin B2: 0.26mg (15.08%), Zinc: 2.26mg (15.08%), Vitamin A: 667.45IU (13.35%), Magnesium: 38.96mg (9.74%), Potassium: 217.98mg (6.23%), Copper: 0.12mg (6.19%), Vitamin B1: 0.09mg (6.01%), Vitamin B6: 0.12mg (5.97%), Vitamin B5: 0.57mg (5.75%), Vitamin D: 0.84µg (5.61%), Fiber: 1.23g (4.92%), Vitamin B3: 0.8mg (4.02%), Folate: 15.98µg (4%), Iron: 0.68mg (3.79%), Vitamin E: 0.54mg (3.59%), Vitamin K: 1.63µg (1.56%)