



One-Pot Macaroni and Cheese

 Vegetarian

READY IN



17 min.

SERVINGS



10

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 8 oz elbow macaroni
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon ground pepper fresh black
- 2 cups milk
- 0.5 teaspoon salt
- 8 oz block sharp cheddar cheese shredded

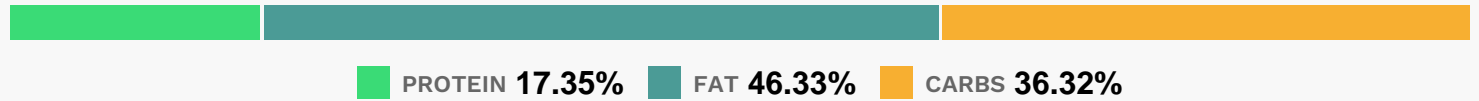
Equipment

- sauce pan
- whisk
- dutch oven

Directions

- Prepare pasta according to package directions. Keep warm.
- Melt butter in a large saucepan or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until thickened. Stir in salt, black and red pepper, and shredded cheese until melted.
- Add cooked pasta, and serve immediately.
- Note: For testing purposes only, we used Kraft Sharp Cheddar Cheese. To lighten, 2% reduced-fat milk and reduced-fat cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:7.3069564695268%

Nutrients (% of daily need)

Calories: 231.9kcal (11.6%), Fat: 11.91g (18.33%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 20.2g (7.35%), Sugar: 3.04g (3.38%), Cholesterol: 34.56mg (11.52%), Sodium: 302.57mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Selenium: 22.23µg (31.75%), Calcium: 226.62mg (22.66%), Phosphorus: 198.62mg (19.86%), Manganese: 0.24mg (11.82%), Vitamin B2: 0.19mg (11.17%), Zinc: 1.37mg (9.12%), Vitamin B12: 0.51µg (8.48%), Vitamin A: 397.63IU (7.95%), Magnesium: 24.64mg (6.16%), Vitamin D: 0.67µg (4.49%), Vitamin B1: 0.07mg (4.43%), Potassium: 145.88mg (4.17%), Vitamin B6: 0.08mg (3.99%), Copper: 0.08mg (3.86%), Vitamin B5: 0.38mg (3.84%), Fiber: 0.81g (3.22%), Folate: 11.74µg (2.94%), Vitamin B3: 0.54mg (2.72%), Iron: 0.42mg (2.31%), Vitamin E: 0.3mg (2.01%), Vitamin K: 1.12µg (1.06%)