



Pumpkin Mac and Cheese

READY IN



50 min.

SERVINGS



6

CALORIES



618 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz elbow macaroni
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 2 cups milk
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon nutmeg
- 1 teaspoon dijon mustard
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)

8 oz cheddar cheese shredded

Equipment

sauce pan

oven

whisk

Directions

Heat oven to 350°F. Cook and drain macaroni as directed on package, using minimum cook time.

Meanwhile, in 2-quart saucepan, melt butter over low heat. Stir in flour; cook 1 minute, stirring constantly with whisk.

Remove from heat; stir in milk.

Heat to simmering; cook 1 minute, stirring constantly, until thickened. Stir in salt, pepper, nutmeg, mustard and pumpkin.

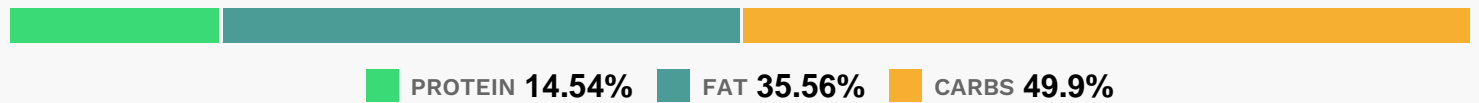
Add 1 3/4 cups of the cheese. Cook, stirring occasionally, until cheese is melted.

Add macaroni to cheese sauce and stir until coated.

Pour into ungreased 3-quart casserole. Top with remaining 1/4 cup cheese.

Bake uncovered 20 to 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:22.573912947074%

Nutrients (% of daily need)

Calories: 618.22kcal (30.91%), Fat: 24.44g (37.6%), Saturated Fat: 13.9g (86.9%), Carbohydrates: 77.16g (25.72%), Net Carbohydrates: 70.8g (25.74%), Sugar: 6.11g (6.79%), Cholesterol: 67.89mg (22.63%), Sodium: 640.16mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.98%), Vitamin A: 4482.11IU (89.64%), Selenium: 62.67µg (89.52%), Manganese: 0.93mg (46.66%), Phosphorus: 427.5mg (42.75%), Calcium: 404.03mg (40.4%), Fiber: 6.37g (25.48%), Vitamin B2: 0.41mg (23.95%), Zinc: 2.96mg (19.74%), Magnesium: 69.27mg (17.32%),

Vitamin B12: 0.86µg (14.27%), Copper: 0.27mg (13.63%), Vitamin B5: 1.33mg (13.34%), Vitamin B6: 0.26mg (12.91%), Folate: 47.25µg (11.81%), Vitamin B1: 0.18mg (11.67%), Potassium: 392.32mg (11.21%), Iron: 1.79mg (9.94%), Vitamin B3: 1.88mg (9.38%), Vitamin D: 1.12µg (7.48%), Vitamin E: 0.63mg (4.22%), Vitamin K: 2.05µg (1.96%), Vitamin C: 1.58mg (1.92%)