



Quick Stovetop Macaroni and Cheese

 Popular

READY IN



20 min.

SERVINGS



3

CALORIES



832 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound cheddar cheese packed grated (2 cups,)
- ☐ 1 teaspoon cornstarch
- ☐ 2 quarts water
- ☐ 1 tablespoon salt
- ☐ 2 cups elbow macaroni uncooked
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons flour
- ☐ 1.3 cup milk

- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 cup ham chopped
- ☐ 3 servings pepper black freshly grated

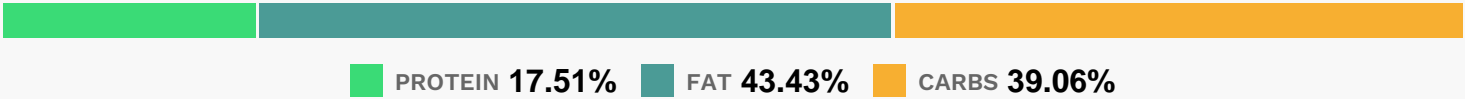
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ a medium sized bowl, mix cornstarch with the grated cheese, so that the cheese is coated, set aside. The cornstarch will help the cheese from getting too stringy.
- ☐ the macaroni pasta in boiling water:
- ☐ Heat 2 quarts of water with a tablespoon of salt to a rolling boil in thick-bottomed saucepan.
- ☐ Add 2 cups of elbow macaroni and follow the cooking time instructions on the package, minus about 2 minutes. (If your macaroni doesn't come with instructions, start checking at 7 minutes).
- ☐ Cook until al dente—cooked through, but still slightly firm.
- ☐ Drain the pasta.
- ☐ While the macaroni is cooking, prepare the sauce: Melt 2 Tbsp butter in a large saucepan on medium heat.
- ☐ Whisk in 2 Tbsp flour.
- ☐ Let cook for about a minute.
- ☐ Slowly dribble in 1 1/4 cups milk, while whisking (to avoid clumping) until the sauce is smooth.
- ☐ Slowly add the grated cheese, whisking until smooth. Stir in the lemon juice.
- ☐ If the macaroni isn't ready yet, lower the heat to a level just high enough to keep the sauce warm.
- ☐ Add the cooked macaroni and ham to the cheese sauce. Stir to combine. Do not over-mix.
- ☐ Sprinkle with some freshly grated black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.33, Glycemic Load:5.07, Inflammation Score:-8, Nutrition Score:24.593912979831%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 832.15kcal (41.61%), Fat: 39.95g (61.46%), Saturated Fat: 22.17g (138.54%), Carbohydrates: 80.84g (26.95%), Net Carbohydrates: 77.68g (28.25%), Sugar: 7.67g (8.52%), Cholesterol: 115.1mg (38.37%), Sodium: 3035.37mg (131.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.49%), Selenium: 86.78µg (123.97%), Calcium: 703.81mg (70.38%), Phosphorus: 658.24mg (65.82%), Manganese: 0.92mg (46.14%), Vitamin B2: 0.58mg (34.33%), Zinc: 4.89mg (32.62%), Vitamin B12: 1.44µg (24.01%), Vitamin A: 1156.04IU (23.12%), Magnesium: 92.19mg (23.05%), Copper: 0.42mg (20.93%), Vitamin B1: 0.27mg (18.2%), Vitamin B6: 0.29mg (14.71%), Potassium: 462.49mg (13.21%), Vitamin B3: 2.55mg (12.77%), Fiber: 3.16g (12.62%), Vitamin D: 1.79µg (11.96%), Vitamin B5: 1.18mg (11.82%), Folate: 42.64µg (10.66%), Iron: 1.7mg (9.46%), Vitamin E: 0.98mg (6.56%), Vitamin K: 3.04µg (2.9%)