



Southern Mac and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups processed cheese food divided grated
- ☐ 1.3 teaspoons pepper black freshly ground
- ☐ 2 cups elbow macaroni
- ☐ 3 tablespoons flour all-purpose
- ☐ 6 servings kosher salt
- ☐ 1.3 teaspoons ground mustard
- ☐ 0.1 teaspoon paprika
- ☐ 3 tablespoons parmesan finely grated
- ☐ 3 tablespoons butter unsalted

☐ 3 cups milk whole

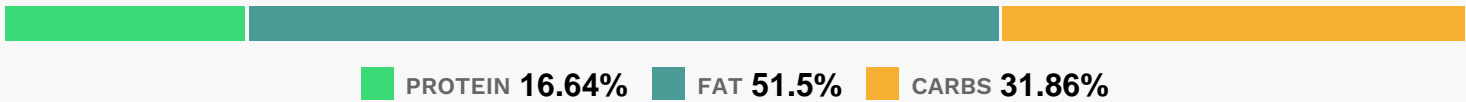
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Cook macaroni in alarge pot of boiling salted water, stirringoccasionally, until noodles are very tender.
- ☐ Drain; transfer to a 3-quart baking dish.
- ☐ Meanwhile, melt butter in a mediumpot over medium heat.
- ☐ Whisk in flourand cook, whisking, until pale golden,about 2 minutes.
- ☐ Whisking vigorously andconstantly, gradually add milk. Bring to asimmer. Reduce heat to low; add 2 1/2 cups
- ☐ American cheese and whisk until melted.
- ☐ Whisk in Parmesan, pepper, and mustardpowder. Season with salt.
- ☐ Pour cheese sauce over noodles indish; stir to coat.
- ☐ Sprinkle remaining 1/2 cup
- ☐ American cheese over.
- ☐ Sprinkle with paprika.
- ☐ Bake until cheese is browned on top andbubbling around edges, 40–45 minutes.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:20.26565209841%

Nutrients (% of daily need)

Calories: 582.95kcal (29.15%), Fat: 33.39g (51.37%), Saturated Fat: 19.07g (119.16%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 44.72g (16.26%), Sugar: 8.77g (9.74%), Cholesterol: 101.39mg (33.8%), Sodium: 1453.71mg (63.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.55%), Calcium: 926.37mg (92.64%), Selenium: 48.75µg (69.64%), Phosphorus: 687.44mg (68.74%), Vitamin B12: 1.75µg (29.18%), Manganese: 0.55mg (27.62%), Vitamin B2: 0.39mg (23.04%), Vitamin A: 1076.53IU (21.53%), Zinc: 3.04mg (20.23%), Magnesium: 61.97mg (15.49%), Vitamin D: 1.88µg (12.53%), Potassium: 397.06mg (11.34%), Vitamin B1: 0.16mg (10.37%), Vitamin B5: 0.98mg (9.84%), Vitamin B6: 0.19mg (9.32%), Copper: 0.18mg (9.21%), Iron: 1.33mg (7.4%), Fiber: 1.77g (7.06%), Vitamin B3: 1.23mg (6.17%), Vitamin E: 0.88mg (5.87%), Folate: 22.01µg (5.5%), Vitamin K: 3.51µg (3.35%)