



## Stovetop Mac and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter melted
- 6 ounces elbow macaroni uncooked
- 2 tablespoons flour all-purpose
- 1 cup milk 1% low-fat
- 0.5 teaspoon salt
- 5 ounces sharp cheddar cheese shredded reduced-fat
- 1.5 ounce sandwich bread white

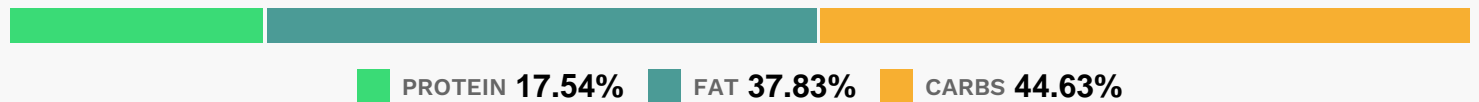
## Equipment

- food processor
- frying pan
- sauce pan
- whisk

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Combine milk and flour in a medium saucepan, stirring with a whisk. Cook over medium heat 2 minutes or until thick, stirring constantly with a whisk.
- Add cheese, salt, and pepper, stirring with a whisk until smooth.
- Add pasta; toss to coat.
- Let stand 4 minutes.
- Place bread in a food processor, and pulse 10 times or until the crumbs measure 1 1/4 cups.
- Heat a large nonstick skillet over medium heat.
- Add breadcrumbs, and cook 5 minutes or until lightly browned, stirring occasionally. Stir in melted butter; cook 2 minutes, stirring occasionally.
- Sprinkle breadcrumb mixture over pasta mixture.

## Nutrition Facts



## Properties

Glycemic Index:64.69, Glycemic Load:6.04, Inflammation Score:-5, Nutrition Score:12.955217527307%

## Nutrients (% of daily need)

Calories: 395.32kcal (19.77%), Fat: 16.51g (25.4%), Saturated Fat: 9.15g (57.19%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 42.09g (15.31%), Sugar: 4.76g (5.29%), Cholesterol: 45.91mg (15.3%), Sodium: 621.31mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Selenium: 41.92µg (59.88%), Calcium: 358.1mg

(35.81%), Phosphorus: 320.44mg (32.04%), Manganese: 0.49mg (24.62%), Vitamin B2: 0.31mg (18.22%), Zinc: 2.28mg (15.19%), Vitamin B12: 0.74µg (12.36%), Vitamin A: 558.63IU (11.17%), Vitamin B1: 0.17mg (11.05%), Magnesium: 43.07mg (10.77%), Folate: 35.05µg (8.76%), Copper: 0.15mg (7.74%), Vitamin B3: 1.54mg (7.69%), Fiber: 1.72g (6.89%), Potassium: 234.11mg (6.69%), Vitamin B6: 0.13mg (6.6%), Iron: 1.15mg (6.39%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.86µg (5.74%), Vitamin E: 0.43mg (2.88%), Vitamin K: 1.33µg (1.27%)