



## Stovetop Sausage Mac and Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 cups elbow macaroni hot cooked uncooked ( 8 ounces pasta)
- ☐ 1.3 cups skim milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic salt
- ☐ 1.3 ounces monterrey jack cheese shredded
- ☐ 0.5 teaspoon onion powder
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 4 ounces sun-dried olives chopped (such as Gerhard's)

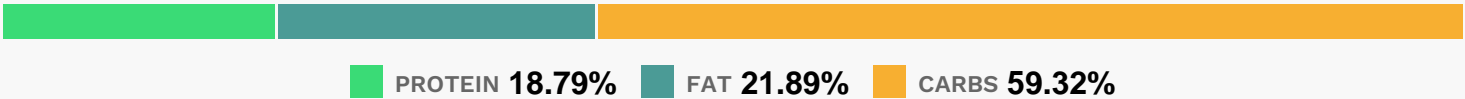
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Heat a large nonstick saucepan over medium-high heat.
- ☐ Add sausage; saut 4 minutes or until browned.
- ☐ Combine milk and flour in a small bowl, stirring well with a whisk.
- ☐ Add milk mixture to pan; bring to a boil, stirring constantly. Reduce heat to medium. Stir in cheeses, onion powder, and garlic salt; cook 3 minutes or until cheeses melt, stirring constantly. Stir in pasta.
- ☐ Garnish with parsley, if desired.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:60.48, Glycemic Load:32.43, Inflammation Score:0, Nutrition Score:23.205217019371%

## Nutrients (% of daily need)

Calories: 512.17kcal (25.61%), Fat: 12.66g (19.48%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 77.21g (25.74%), Net Carbohydrates: 70.43g (25.61%), Sugar: 15.65g (17.39%), Cholesterol: 31.97mg (10.66%), Sodium: 404.83mg (17.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.91%), Selenium: 57.99µg (82.84%), Manganese: 1.12mg (56.07%), Phosphorus: 428.54mg (42.85%), Calcium: 366.93mg (36.69%), Potassium: 1207.78mg (34.51%), Copper: 0.6mg (29.81%), Fiber: 6.78g (27.1%), Magnesium: 105.09mg (26.27%), Vitamin B2: 0.42mg (24.9%), Iron: 3.74mg (20.77%), Zinc: 2.9mg (19.35%), Vitamin B3: 3.6mg (17.99%), Vitamin B1: 0.27mg (17.71%), Vitamin A: 689.68IU (13.79%), Vitamin C: 11.17mg (13.54%), Vitamin B6: 0.25mg (12.49%), Vitamin B12: 0.75µg (12.46%), Vitamin K: 12.96µg (12.34%), Vitamin B5: 1.19mg (11.87%), Folate: 46.25µg (11.56%), Vitamin D: 1.03µg (6.84%), Vitamin E: 0.29mg (1.97%)