



WHATSheATE



Tanya's Stovetop Macaroni and Cheese



Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups cheese blend shredded italian
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 onion finely chopped
- ☐ 1 pound shells
- ☐ 3 cups milk whole warmed

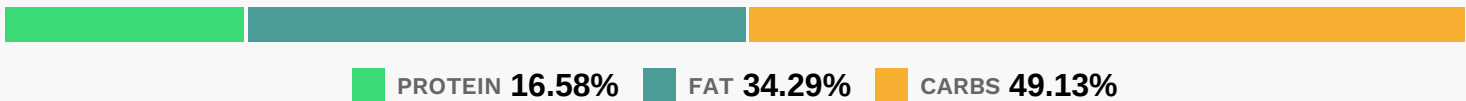
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook pasta in a large pot of boiling salted water until al dente.
- ☐ Drain in a colander.
- ☐ Melt the butter in a large saucepan.
- ☐ Add the onion and saute until tender, about 3 minutes. Season with salt and pepper.
- ☐ Add flour and stir until it looks pasty and reaches a golden blonde color, about 2 minutes.
- ☐ Slowly whisk in the warm milk, bringing up to a simmer, and allow the mixture to thicken. Stir in the mustard.
- ☐ Let simmer on low heat for 5 minutes, until thick enough to coat the back of a spoon.
- ☐ Gradually stir in the cheese a handful at a time. Stir in the pasta, making sure it's all covered with the cheese sauce and serve hot.

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:28.16, Inflammation Score:-6, Nutrition Score:17.454347706359%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 556.48kcal (27.82%), Fat: 21.08g (32.43%), Saturated Fat: 12.2g (76.27%), Carbohydrates: 67.95g (22.65%), Net Carbohydrates: 65.14g (23.69%), Sugar: 8.7g (9.67%), Cholesterol: 64.2mg (21.4%), Sodium: 363.81mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.87%), Selenium: 58.92µg (84.17%), Phosphorus: 410.74mg (41.07%), Manganese: 0.78mg (38.82%), Calcium: 361.09mg (36.11%), Vitamin B12: 1.53µg (25.43%), Vitamin B2: 0.35mg (20.71%), Zinc: 2.73mg (18.19%), Magnesium: 65.39mg (16.35%), Vitamin A: 685.17IU (13.7%), Vitamin B1: 0.2mg (13.09%), Copper: 0.24mg (11.87%), Potassium: 404.98mg (11.57%), Fiber: 2.81g (11.25%), Vitamin B6: 0.21mg (10.53%), Vitamin D: 1.49µg (9.94%), Vitamin B3: 1.78mg (8.92%), Vitamin B5: 0.88mg (8.84%), Iron: 1.45mg (8.03%), Folate: 27.91µg (6.98%), Vitamin E: 0.44mg (2.96%), Vitamin K: 2.19µg (2.09%)