



The Ultimate Macaroni, Cheese and Peas

READY IN



50 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 teaspoons butter melted
- 0.5 teaspoon mustard dry
- 6 ounces grain elbow macaroni whole
- 1.5 cups milk fat-free
- 2 tablespoons flour all-purpose
- 2 tablespoons parmesan cheese grated
- 1 cup part-skim mozzarella cheese shredded
- 15 ounce peas sweet drained del monte® canned

- 0.3 teaspoon salt
- 2 tablespoons seasoned bread crumbs dry fine
- 1 cup sharp cheddar cheese shredded reduced-fat

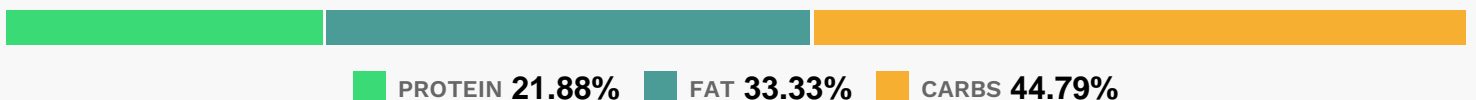
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F. Cook macaroni according to package directions; drain. Cover and keep warm.
- Meanwhile, for cheese sauce, melt the 2 tablespoons butter over medium heat in a medium saucepan. Stir in flour, mustard, salt and pepper until combined.
- Add milk all at once. Cook and stir for 5 minutes or until thick and bubbly. Cook and stir for 2 more minutes.
- Remove saucepan from heat.
- Add cheddar and mozzarella cheeses, stirring until cheese is melted and sauce is smooth. Stir cheese sauce and canned peas into the cooked macaroni.
- Heat through.
- Pour into a greased 2-quart baking dish.
- Combine breadcrumbs, Parmesan cheese and the 2 teaspoons melted butter in a small bowl.
- Sprinkle over macaroni.
- Bake, uncovered, for 20 minutes or until topping is golden brown.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:54.31, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:22.624782562256%

Nutrients (% of daily need)

Calories: 499.72kcal (24.99%), Fat: 18.42g (28.34%), Saturated Fat: 10.26g (64.15%), Carbohydrates: 55.69g (18.56%), Net Carbohydrates: 50.43g (18.34%), Sugar: 9.9g (11%), Cholesterol: 56.53mg (18.84%), Sodium: 867.06mg (37.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.4%), Selenium: 46.05µg (65.79%), Calcium: 603.55mg (60.35%), Phosphorus: 536.2mg (53.62%), Vitamin A: 2324.83IU (46.5%), Manganese: 0.71mg (35.7%), Zinc: 3.81mg (25.42%), Vitamin B2: 0.43mg (25.31%), Vitamin K: 25.82µg (24.59%), Fiber: 5.26g (21.05%), Vitamin B12: 1.12µg (18.62%), Magnesium: 72.92mg (18.23%), Vitamin B1: 0.27mg (17.68%), Folate: 56.91µg (14.23%), Iron: 2.49mg (13.85%), Copper: 0.27mg (13.37%), Vitamin B3: 2.48mg (12.39%), Potassium: 429.69mg (12.28%), Vitamin B6: 0.24mg (11.77%), Vitamin C: 8.44mg (10.24%), Vitamin D: 1.28µg (8.51%), Vitamin B5: 0.81mg (8.08%), Vitamin E: 0.42mg (2.79%)