



Tomato Mac and Cheese

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 4 tablespoons butter plus more for baking dish
- ☐ 0.8 tablespoon mustard dry
- ☐ 2 cups elbow macaroni uncooked
- ☐ 4 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 2 tablespoons onion minced
- ☐ 0.3 teaspoon paprika
- ☐ 1 teaspoon salt plus more for seasoning

- ☐ 3 cups cheddar shredded divided
- ☐ 2 tomatoes ripe peeled cut into 1/ slices

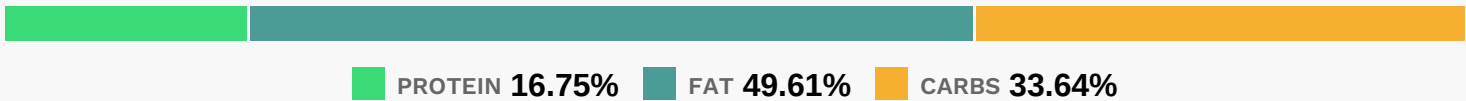
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F. Lightly butter a 13 by 9 by 2-inch baking dish.
- ☐ Bring 6 cups of salted water to a boil over high heat.
- ☐ Add the macaroni and cook until al dente.
- ☐ Drain and set aside.
- ☐ Melt the butter in a large saucepan, over medium heat.
- ☐ Add the onion and cook, stirring constantly, until tender.
- ☐ Add the flour, salt, dry mustard, and paprika; mix well. Stir in the milk and cook until thickened, about 5 minutes.
- ☐ Add 2 cups of the shredded cheese and stir until melted. Toss in the macaroni and pour into the prepared dish. Cover the macaroni with tomato slices and season salt and pepper, to taste.
- ☐ Bake for 35 to 45 minutes. The last few minutes, top with the remaining cheese and return to the oven until the cheese melts.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:18.686086903448%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 553.39kcal (27.67%), Fat: 30.59g (47.06%), Saturated Fat: 17.34g (108.38%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 43.98g (15.99%), Sugar: 6.69g (7.43%), Cholesterol: 86.33mg (28.78%), Sodium: 465.91mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.47%), Selenium: 50.7µg (72.43%), Calcium: 533.23mg (53.32%), Phosphorus: 456.44mg (45.64%), Manganese: 0.6mg (29.92%), Vitamin A: 1328.56IU (26.57%), Vitamin B2: 0.43mg (25.52%), Zinc: 3.26mg (21.76%), Vitamin B12: 1.05µg (17.57%), Magnesium: 61.65mg (15.41%), Potassium: 399.24mg (11.41%), Vitamin B1: 0.17mg (11.28%), Fiber: 2.69g (10.75%), Vitamin K: 10.95µg (10.43%), Vitamin B6: 0.21mg (10.41%), Copper: 0.2mg (9.99%), Folate: 39.9µg (9.98%), Vitamin B5: 0.83mg (8.29%), Vitamin D: 1.23µg (8.22%), Iron: 1.46mg (8.1%), Vitamin E: 1.18mg (7.85%), Vitamin B3: 1.54mg (7.72%), Vitamin C: 5.95mg (7.21%)