



Ultimate Macaroni and Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons pepper black mccormick®
- ☐ 6 tablespoons butter
- ☐ 16 ounce elbow macaroni
- ☐ 6 tablespoons flour
- ☐ 1 teaspoon garlic powder mccormick®
- ☐ 4 cups milk
- ☐ 2 tablespoons mustard mccormick®
- ☐ 1.5 cups panko bread crumbs

- ☐ 1 teaspoon paprika mccormick®
- ☐ 1 teaspoon salt
- ☐ 6 cups sharp cheddar cheese shredded

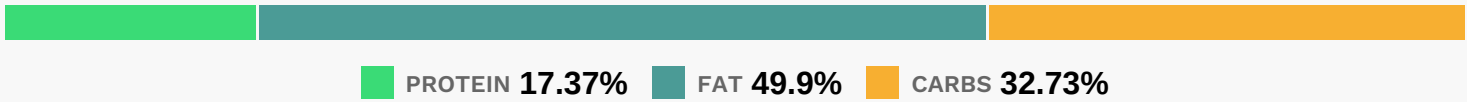
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F. Cook macaroni in large saucepan as directed on package for al dente pasta. Rinse under cold water; drain well.
- ☐ Melt butter in same saucepan on medium heat.
- ☐ Sprinkle with flour and seasonings. Cook and stir 2 minutes or until well blended. Gradually stir in milk until smooth. Stirring constantly, cook 3 minutes or until sauce starts to thicken. Stir in cheese until melted and smooth.
- ☐ Remove from heat.
- ☐ Add macaroni; toss gently to coat.
- ☐ Pour into greased 13x9-inch baking dish.
- ☐ Mix panko and paprika; sprinkle evenly over top.
- ☐ Bake 25 to 30 minutes or until bubbly and golden brown on top.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.27, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:13.057826166973%

Nutrients (% of daily need)

Calories: 413.18kcal (20.66%), Fat: 22.89g (35.21%), Saturated Fat: 12.94g (80.87%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 32.26g (11.73%), Sugar: 4.52g (5.02%), Cholesterol: 65.05mg (21.68%), Sodium: 579.42mg (25.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.85%), Selenium: 36.47µg (52.1%), Calcium: 421.43mg (42.14%), Phosphorus: 348.09mg (34.81%), Vitamin B2: 0.35mg (20.69%), Manganese: 0.4mg (19.92%), Zinc: 2.49mg (16.62%), Vitamin A: 766.44IU (15.33%), Vitamin B12: 0.86µg (14.35%), Vitamin B1: 0.16mg (10.93%), Magnesium: 41.09mg (10.27%), Folate: 27.35µg (6.84%), Vitamin D: 0.99µg (6.58%), Vitamin B6: 0.13mg (6.53%), Potassium: 227.27mg (6.49%), Copper: 0.13mg (6.44%), Vitamin B5: 0.63mg (6.26%), Fiber: 1.52g (6.08%), Vitamin B3: 1.21mg (6.06%), Iron: 0.99mg (5.49%), Vitamin E: 0.59mg (3.94%), Vitamin K: 2.57µg (2.45%)