



WHATSheATE



VELVEETA® Down-Home Macaroni and Cheese

READY IN



45 min.

SERVINGS



5

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter divided
- ☐ 2 cups elbow macaroni cooked drained
- ☐ 0.3 cup flour
- ☐ 1 cup milk
- ☐ 6 ritz crackers crushed
- ☐ 0.5 cup cheddar cheese shredded kraft
- ☐ 0.5 pound velveeta cut into 1/2-inch cubes

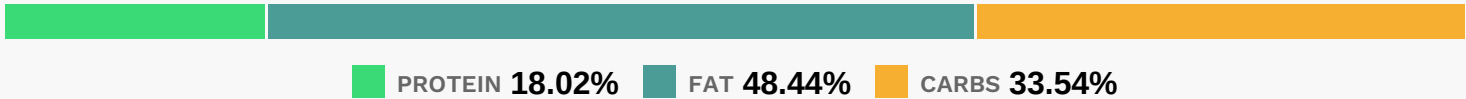
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Melt 3 Tbsp. butter in medium saucepan on medium heat.
- ☐ Whisk in flour; cook 2 min., stirring constantly. Gradually stir in milk. Bring to boil; cook and stir 3 to 5 min. or until thickened.
- ☐ Add VELVEETA; cook 3 min. or until melted, stirring frequently. Stir in macaroni.
- ☐ Spoon into 2-qt. casserole sprayed with cooking spray; sprinkle with Cheddar. Melt remaining butter; toss with cracker crumbs.
- ☐ Sprinkle over casserole.
- ☐ Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:37.93, Glycemic Load:12.47, Inflammation Score:-6, Nutrition Score:11.95521757201%

Nutrients (% of daily need)

Calories: 386.63kcal (19.33%), Fat: 20.77g (31.95%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 31.09g (11.3%), Sugar: 6.86g (7.63%), Cholesterol: 36.21mg (12.07%), Sodium: 951.31mg (41.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Phosphorus: 617.19mg (61.72%), Calcium: 414.08mg (41.41%), Selenium: 21.19µg (30.28%), Vitamin B2: 0.47mg (27.52%), Vitamin A: 1043.7IU (20.87%), Zinc: 2.1mg (13.97%), Manganese: 0.25mg (12.27%), Potassium: 278.77mg (7.96%), Vitamin B1: 0.11mg (7.19%), Vitamin B12: 0.39µg (6.58%), Magnesium: 21.39mg (5.35%), Folate: 20.44µg (5.11%), Fiber: 1.26g (5.04%), Iron: 0.81mg (4.51%), Vitamin E: 0.62mg (4.16%), Vitamin B3: 0.83mg (4.14%), Vitamin D: 0.6µg (4.03%), Copper: 0.07mg (3.68%), Vitamin B6: 0.07mg (3.55%), Vitamin B5: 0.34mg (3.42%), Vitamin K: 2.24µg (2.13%)