



Vincente's Macaroni and Cheese

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon mustard dry
- ☐ 8 ounce elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pinch ground pepper black
- ☐ 1 cup milk
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon salt

☐ 1.5 cups sharp cheddar cheese grated

Equipment

☐ frying pan

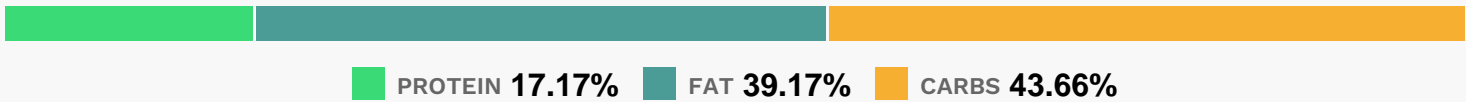
☐ pot

☐ colander

Directions

- ☐
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- ☐
- Drain well in a colander set in the sink.
- ☐
- Melt the butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to low, then stir in the flour, mustard, and salt until thoroughly combined. Gradually stir in the milk, then increase heat to medium-high and simmer until thickened, stirring constantly, about 3 minutes.
- ☐
- Stir in the Cheddar cheese and black pepper until cheese is melted and the sauce is smooth, about 3 minutes. Stir in the macaroni until well-coated and heated through.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:14.81739120898%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 468.19kcal (23.41%), Fat: 20.29g (31.22%), Saturated Fat: 11.25g (70.31%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 48.59g (17.67%), Sugar: 5.38g (5.97%), Cholesterol: 57.22mg (19.07%), Sodium: 472.41mg (20.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.02%), Selenium: 51.42µg (73.46%),

Calcium: 393.49mg (39.35%), Phosphorus: 376.99mg (37.7%), Manganese: 0.59mg (29.53%), Vitamin B2: 0.33mg (19.46%), Zinc: 2.69mg (17.97%), Magnesium: 53.35mg (13.34%), Vitamin B12: 0.78µg (13.08%), Vitamin A: 611.52IU (12.23%), Copper: 0.19mg (9.72%), Vitamin B1: 0.14mg (9.28%), Fiber: 2.28g (9.12%), Vitamin B6: 0.17mg (8.59%), Potassium: 285.02mg (8.14%), Folate: 30.21µg (7.55%), Vitamin B5: 0.69mg (6.93%), Vitamin B3: 1.32mg (6.59%), Vitamin D: 0.93µg (6.17%), Iron: 1.07mg (5.92%), Vitamin E: 0.52mg (3.49%), Vitamin C: 1.33mg (1.61%), Vitamin K: 1.65µg (1.57%)