

Southern Baked Mac and Cheese

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-mac-and-cheese-recipe-without-velveeta>

Ingredients:

- 3 tablespoons unsalted butter
- 2 tablespoons flour
- 1 evaporated milk canned
- 1/2 cup half and half
- 1/2 tablespoon onion powder
- 2 teaspoons garlic powder
- 1/2 teaspoon Creole seasoning
- 1/4 teaspoon cayenne pepper
- 1/2 cup mozzarella cheese grated
- 1/2 cup jack cheese
- salt
- pepper
- 8 ounces macaroni uncooked

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 60 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 12 grams
8. Sodium: 380 milligrams
9. Sugar: 2 grams

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