



One Step Macaroni and Cheese



- 1 ½ cups uncooked macaroni
- 1 small onion
- 1 ½ Tablespoons all purpose flour
- ½ tsp Worcestershire sauce
- 1 ½ cups water
- 1 cup non-fat milk
- 2 Tablespoons margarine
- 1 Cup cubed or shredded cheese, low fat

1. Combine all ingredients except cheese in 2 or 2 ½ qt. glass casserole.
2. Microwave, covered, 5 to 6 minutes or until mixture boils.
3. Let stand for 5 minutes, then add cheese.
4. Microwave 2 to 3 minutes or until mixture boils and thickens.
5. Let stand several minutes before serving. Serves 5-6

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Nutrition Facts	
Serving Size (197g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	11%
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 12g	
Vitamin A 8%	• Vitamin C 2%
Calcium 25%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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