



Baked Mac and Cheese with Sour Cream and Cottage Cheese

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup curd cottage cheese
- ☐ 1 eggs
- ☐ 16 ounce elbow macaroni
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 16 ounce mild cheddar cheese shredded divided
- ☐ 8 ounce sharp cheddar cheese shredded
- ☐ 0.8 cup cup heavy whipping cream sour

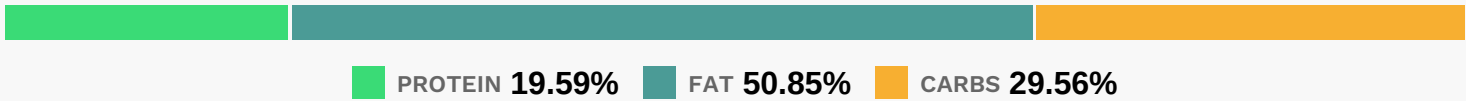
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain.
- ☐ Reserve 1/2 cup shredded mild Cheddar cheese for later use
- ☐ Mix mild Cheddar cheese, sharp Cheddar cheese, sour cream, cottage cheese, and egg together in a bowl; season with salt and pepper. Stir cooked macaroni into cheese mixture.
- ☐ Pour macaroni mixture evenly into the prepared baking dish; sprinkle with the reserved 1/2 cup Cheddar cheese.
- ☐ Bake in the preheated oven until cheese is melted and bubbling, 40 minutes.
- ☐ Let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:12.492608584788%

Nutrients (% of daily need)

Calories: 418.39kcal (20.92%), Fat: 23.55g (36.24%), Saturated Fat: 12.78g (79.9%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 29.57g (10.75%), Sugar: 2.05g (2.28%), Cholesterol: 81.05mg (27.02%), Sodium: 424.11mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.84%), Selenium: 42.87µg (61.24%), Calcium: 436.71mg (43.67%), Phosphorus: 370.33mg (37.03%), Vitamin B2: 0.34mg (19.72%), Zinc: 2.76mg (18.42%), Manganese: 0.37mg (18.4%), Vitamin A: 696.4IU (13.93%), Vitamin B12: 0.72µg (12%), Magnesium: 38.44mg (9.61%),

Copper: 0.14mg (6.92%), Vitamin B5: 0.58mg (5.76%), Folate: 22.89µg (5.72%), Vitamin B6: 0.11mg (5.56%), Fiber: 1.23g (4.94%), Potassium: 165.96mg (4.74%), Vitamin B1: 0.06mg (3.9%), Vitamin E: 0.57mg (3.81%), Iron: 0.68mg (3.75%), Vitamin B3: 0.7mg (3.51%), Vitamin D: 0.43µg (2.84%), Vitamin K: 1.79µg (1.7%)