



Baked Macaroni and Cheese

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter melted
- 1 eggs
- 12 ounce macaroni
- 2 cups milk
- 4 servings salt and pepper to taste
- 2.5 cups cheddar cheese shredded

Equipment

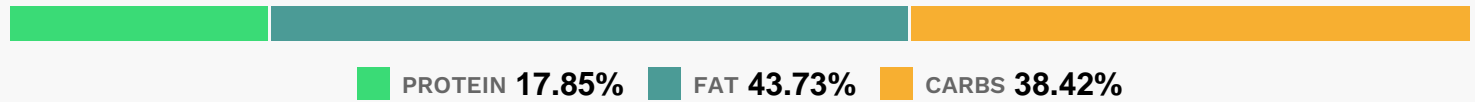
- oven

- whisk
- pot
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 2-quart baking dish.
- In a large pot of salted water, lightly boil the macaroni for about 5 minutes until half-cooked.
- Whisk the egg and milk together in a large cup.
- Add butter and cheese to the egg and milk. Stir well.
- Place the lightly cooked macaroni in the prepared baking dish.
- Pour the egg and cheese liquid over the macaroni, sprinkle with salt and pepper, and stir well. Press the mixture evenly around the baking dish.
- Bake uncovered, for 30 to 40 minutes, or until the top is brown.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.63, Inflammation Score:-7, Nutrition Score:22.797826041346%

Nutrients (% of daily need)

Calories: 742.8kcal (37.14%), Fat: 35.92g (55.27%), Saturated Fat: 20.01g (125.04%), Carbohydrates: 71.01g (23.67%), Net Carbohydrates: 68.29g (24.83%), Sugar: 8.42g (9.35%), Cholesterol: 141.24mg (47.08%), Sodium: 767.77mg (33.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.99g (65.99%), Selenium: 79.5µg (113.58%), Calcium: 675.2mg (67.52%), Phosphorus: 630.88mg (63.09%), Manganese: 0.8mg (39.77%), Vitamin B2: 0.58mg (34.32%), Zinc: 4.44mg (29.6%), Vitamin B12: 1.52µg (25.29%), Vitamin A: 1139.63IU (22.79%), Magnesium: 80.25mg (20.06%), Copper: 0.28mg (13.92%), Vitamin D: 1.99µg (13.24%), Vitamin B6: 0.26mg (13.14%), Vitamin B5: 1.29mg (12.9%), Potassium: 443.94mg (12.68%), Vitamin B1: 0.17mg (11.34%), Fiber: 2.72g (10.89%), Folate: 35.52µg (8.88%), Vitamin B3: 1.62mg (8.11%), Iron: 1.41mg (7.86%), Vitamin E: 0.96mg (6.41%), Vitamin K: 2.67µg (2.54%)