



Baked Macaroni and Cheese II

READY IN



60 min.

SERVINGS



8

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes canned
- 11 ounce condensed cream of cheddar cheese soup canned
- 0.3 cup bread crumbs dry
- 14 ounces extra sharp cheddar cheese shredded white divided
- 1 pound macaroni
- 1.5 cups milk

Equipment

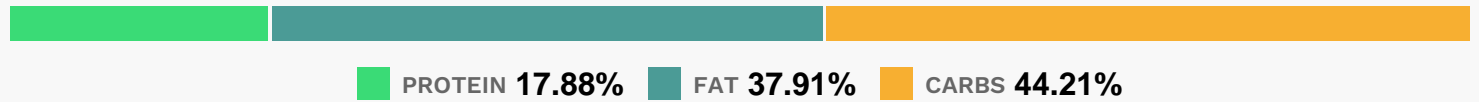
- sauce pan

- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- In a large saucepan over low heat, warm soup and add milk; stir.
- Add 1/4 of cheese to soup and remove mixture from heat when cheese is melted.
- Preheat oven to 400 degrees F (200 degrees C).
- Add macaroni and tomatoes to soup; stir and pour into a 9x13 inch baking dish. Cover with bread crumbs and remaining cheese.
- Bake in preheated oven for 25 to 40 minutes or until the cheese is a golden brown; serve.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:17.414347731549%

Nutrients (% of daily need)

Calories: 501.57kcal (25.08%), Fat: 21.08g (32.43%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 55.32g (18.44%), Net Carbohydrates: 52.06g (18.93%), Sugar: 6.98g (7.75%), Cholesterol: 56.66mg (18.89%), Sodium: 642.04mg (27.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.75%), Selenium: 51.9µg (74.15%), Calcium: 455.05mg (45.51%), Phosphorus: 402.6mg (40.26%), Manganese: 0.65mg (32.59%), Vitamin B2: 0.36mg (20.96%), Zinc: 3mg (19.97%), Vitamin A: 838.79IU (16.78%), Potassium: 566.63mg (16.19%), Magnesium: 60.66mg (15.17%), Copper: 0.28mg (14.17%), Vitamin B12: 0.78µg (13.08%), Fiber: 3.25g (13.02%), Vitamin B6: 0.22mg (11.19%), Vitamin B1: 0.16mg (10.81%), Vitamin B3: 1.89mg (9.45%), Iron: 1.65mg (9.15%), Vitamin B5: 0.78mg (7.81%), Folate: 30.92µg (7.73%), Vitamin E: 1.1mg (7.35%), Vitamin C: 4.73mg (5.73%), Vitamin D: 0.8µg (5.34%), Vitamin K: 4.33µg (4.12%)