



WHATSheATE



HEALTH SCORE

70%

Baked Macaroni and Cheese with Tomato



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



4360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 tablespoons butter divided



10.8 ounce condensed tomato soup canned



0.3 cup bread crumbs dry



1 pound macaroni



1.3 cups milk



3 cups cheddar cheese shredded

Equipment



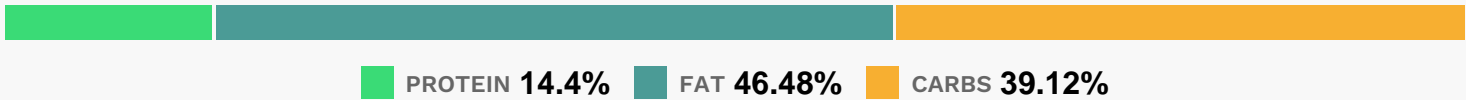
bowl

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Pour in pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In large bowl, combine macaroni, soup, milk, cheese and 6 tablespoons butter.
- ☐ Pour into 9x13 baking dish. Top with bread crumbs and dot with remaining butter.
- ☐ Bake for 45 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:151.5, Glycemic Load:23.39, Inflammation Score:-10, Nutrition Score:72.063043511432%

Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 4359.78kcal (217.99%), Fat: 225.47g (346.88%), Saturated Fat: 130.26g (814.13%), Carbohydrates: 427.1g (142.37%), Net Carbohydrates: 408.02g (148.37%), Sugar: 54.72g (60.8%), Cholesterol: 616.4mg (205.47%), Sodium: 4426.91mg (192.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 157.15g (314.29%), Selenium: 405.47µg (579.24%), Calcium: 2983.04mg (298.3%), Phosphorus: 2883.86mg (288.39%), Manganese: 4.87mg (243.71%), Vitamin A: 7884.41IU (157.69%), Zinc: 21.13mg (140.86%), Vitamin B2: 2.38mg (140.04%), Magnesium: 425.05mg (106.26%), Potassium: 3522.58mg (100.65%), Vitamin B12: 5.53µg (92.09%), Copper: 1.65mg (82.35%), Fiber: 19.08g (76.33%), Vitamin B1: 1.07mg (71.47%), Vitamin B6: 1.36mg (68.11%), Vitamin B3: 12.66mg (63.3%), Iron: 9.56mg (53.13%), Vitamin C: 39.31mg (47.65%), Vitamin B5: 4.76mg (47.65%), Folate: 185.09µg (46.27%), Vitamin E: 6.85mg (45.67%), Vitamin D: 5.39µg (35.93%), Vitamin K: 28.88µg (27.5%)