



## Bella's Mac and Cheese

READY IN



45 min.

SERVINGS



10

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup processed cheese food
- 0.5 cup butter
- 8 ounce extra sharp cheddar cheese
- 16 ounce .5 oz. macaroni

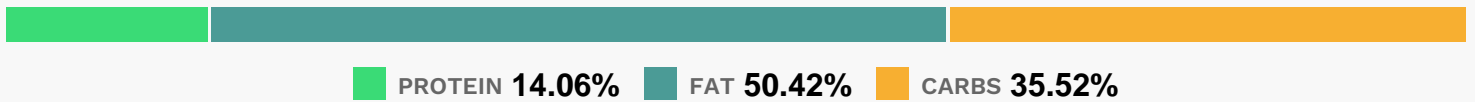
### Equipment

- microwave

### Directions

- Cook elbow macaroni according to package directions.
- Drain.
- Meanwhile, cut up butter, American cheese, and sharp cheese into 1 inch squares for easy melting. Separate butter and cheeses into two equal size portions.
- Begin with one of the butter and cheese portions, microwave on 50% power for 7 minutes.
- Remove from microwave and stir well.
- Add second portion of butter and cheese to melted mixture. Microwave an additional 7 minutes on 50% power.
- Remove and stir well.
- Pour cheese mixture over cooked macaroni and stir until noodles are coated with butter and cheese mixture. Allow to stand for 10 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:10.4, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:10.160869510277%

### Nutrients (% of daily need)

Calories: 394.14kcal (19.71%), Fat: 22.05g (33.93%), Saturated Fat: 12.84g (80.26%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 33.5g (12.18%), Sugar: 1.61g (1.79%), Cholesterol: 61.08mg (20.36%), Sodium: 457.97mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.67%), Selenium: 38.03µg (54.32%), Calcium: 318.89mg (31.89%), Phosphorus: 282.07mg (28.21%), Manganese: 0.42mg (21.2%), Vitamin A: 643.19IU (12.86%), Zinc: 1.83mg (12.2%), Vitamin B2: 0.16mg (9.64%), Magnesium: 34.03mg (8.51%), Vitamin B12: 0.47µg (7.83%), Copper: 0.14mg (7.25%), Fiber: 1.45g (5.81%), Vitamin B6: 0.09mg (4.4%), Vitamin B3: 0.8mg (3.99%), Potassium: 139.82mg (3.99%), Iron: 0.72mg (3.98%), Vitamin E: 0.6mg (3.97%), Folate: 14.39µg (3.6%), Vitamin B5: 0.36mg (3.58%), Vitamin B1: 0.05mg (3.34%), Vitamin K: 1.75µg (1.66%), Vitamin D: 0.22µg (1.47%)