



Best One Pot Cheese and Macaroni

READY IN



30 min.

SERVINGS



6

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon ground pepper black
- 1 cup parmesan cheese shredded
- 8 ounces seashell pasta
- 0.5 teaspoon salt
- 4 cups cheddar cheese shredded
- 3 cups water
- 1 cup milk whole

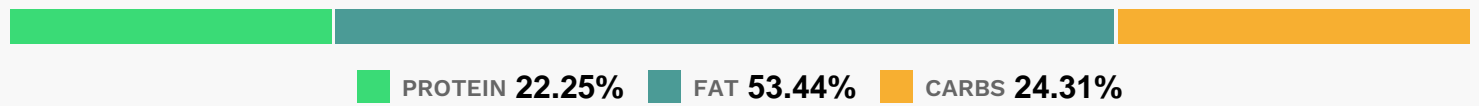
Equipment

pot

Directions

- Pour water and salt into a medium pot and bring to a rolling boil over high heat. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the water has cooked down a bit, about 5 minutes.
- Stir in the milk, and continue boiling for another 5 minutes.
- Add the Cheddar, Parmesan, pepper, and mustard; stir until the cheese melts and the sauce is thick and creamy. The starch from the pasta thickens the sauce as the pasta cooks.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:12.72, Inflammation Score:-6, Nutrition Score:17.348695962325%

Nutrients (% of daily need)

Calories: 537.54kcal (26.88%), Fat: 31.79g (48.91%), Saturated Fat: 18.06g (112.88%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 31.32g (11.39%), Sugar: 3.35g (3.72%), Cholesterol: 91.55mg (30.52%), Sodium: 977.12mg (42.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.57%), Calcium: 791.94mg (79.19%), Selenium: 49.74µg (71.05%), Phosphorus: 573.34mg (57.33%), Vitamin B2: 0.47mg (27.44%), Zinc: 3.94mg (26.24%), Vitamin B12: 1.22µg (20.3%), Vitamin A: 951.34IU (19.03%), Manganese: 0.37mg (18.51%), Magnesium: 53.92mg (13.48%), Copper: 0.16mg (8%), Vitamin B6: 0.15mg (7.29%), Vitamin B5: 0.7mg (7.02%), Vitamin D: 0.98µg (6.55%), Potassium: 219.78mg (6.28%), Folate: 23.8µg (5.95%), Vitamin B1: 0.09mg (5.68%), Fiber: 1.23g (4.92%), Vitamin E: 0.66mg (4.43%), Iron: 0.76mg (4.21%), Vitamin B3: 0.77mg (3.85%), Vitamin K: 2.39µg (2.27%)