

## Chuck's Favorite Mac and Cheese

READY IN



55 min.

SERVINGS



6

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter melted
- 12 ounce curd cottage cheese
- 1 cup breadcrumbs dry
- 8 ounce elbow macaroni
- 0.3 cup parmesan cheese grated
- 6 servings salt and pepper to taste
- 8 ounce sharp cheddar cheese shredded
- 8 ounce cream sour

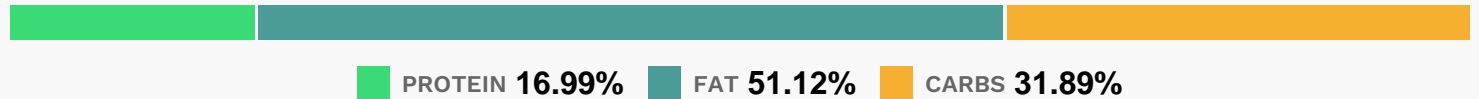
# Equipment

- 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, add pasta, and cook until done; drain.
- In 9x13 inch baking dish, stir together macaroni, shredded Cheddar cheese, cottage cheese, sour cream, Parmesan cheese, salt and pepper. In a small bowl, mix together bread crumbs and melted butter.
- Sprinkle topping over macaroni mixture.
- Bake 30 to 35 minutes, or until top is golden.

# Nutrition Facts



# Properties

Glycemic Index:17.33, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:15.941304265157%

# Nutrients (% of daily need)

Calories: 581.32kcal (29.07%), Fat: 32.99g (50.75%), Saturated Fat: 17.88g (111.74%), Carbohydrates: 46.29g (15.43%), Net Carbohydrates: 44.27g (16.1%), Sugar: 5.06g (5.62%), Cholesterol: 93.7mg (31.23%), Sodium: 899.08mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.34%), Selenium: 47.57µg (67.96%), Calcium: 432.58mg (43.26%), Phosphorus: 421.83mg (42.18%), Manganese: 0.53mg (26.26%), Vitamin B2: 0.44mg (25.61%), Vitamin A: 966.02IU (19.32%), Zinc: 2.72mg (18.15%), Vitamin B1: 0.24mg (16.23%), Vitamin B12: 0.86µg (14.32%), Magnesium: 47.95mg (11.99%), Folate: 43.61µg (10.9%), Vitamin B3: 1.95mg (9.77%), Copper: 0.19mg (9.63%), Vitamin B5: 0.89mg (8.85%), Iron: 1.51mg (8.39%), Fiber: 2.02g (8.08%), Potassium: 264.87mg (7.57%), Vitamin B6: 0.15mg (7.34%), Vitamin E: 0.77mg (5.13%), Vitamin K: 3.43µg (3.27%), Vitamin D: 0.3µg (2.03%)