



## Classic Macaroni and Cheese

 Popular

READY IN



70 min.

SERVINGS



12

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 12 fluid ounce evaporated milk canned
- 16 ounce macaroni
- 12 servings salt and pepper to taste
- 1 pound sharp cheddar cheese sliced

### Equipment

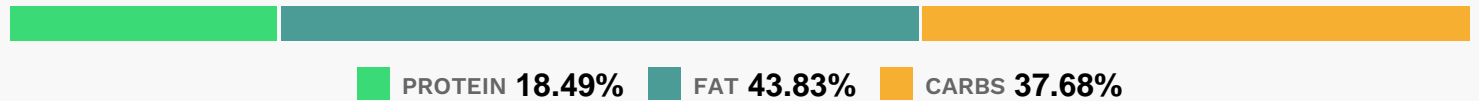
- oven
- pot

casserole dish

## Directions

- Preheat oven to 375 degrees F (190 degrees C). 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.
- Grease a 2 quart casserole dish.
- Place a quarter of the macaroni in the bottom, followed by an even layer of one-quarter of the cheese slices. Dot with butter and season with salt and pepper. Repeat layering three times.
- Pour evaporated milk evenly over the top of all.
- Bake, uncovered, for one hour, or until top is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:6.42, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:10.409130399642%

## Nutrients (% of daily need)

Calories: 342.74kcal (17.14%), Fat: 16.6g (25.54%), Saturated Fat: 9.32g (58.25%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 30.91g (11.24%), Sugar: 4.1g (4.56%), Cholesterol: 48.88mg (16.29%), Sodium: 482.11mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Selenium: 35.28µg (50.4%), Calcium: 352.76mg (35.28%), Phosphorus: 304.87mg (30.49%), Manganese: 0.35mg (17.63%), Vitamin B2: 0.28mg (16.66%), Zinc: 2.15mg (14.33%), Vitamin A: 478.58IU (9.57%), Magnesium: 37.36mg (9.34%), Vitamin B12: 0.45µg (7.5%), Copper: 0.13mg (6.33%), Potassium: 203.32mg (5.81%), Vitamin B5: 0.51mg (5.09%), Fiber: 1.21g (4.84%), Vitamin B6: 0.09mg (4.73%), Folate: 17.14µg (4.29%), Vitamin B1: 0.06mg (3.93%), Vitamin B3: 0.72mg (3.6%), Iron: 0.61mg (3.39%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.26µg (1.71%), Vitamin K: 1.2µg (1.15%)