



Creamy Mac and Cheese

 Vegetarian

READY IN



18 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce alfredo sauce refrigerated
- 0.5 teaspoon pepper black freshly ground
- 8 ounce block cheddar cheese shredded
- 8 ounce elbow macaroni
- 0.3 teaspoon ground pepper red
- 0.5 cup milk
- 0.3 teaspoon salt

Equipment

sauce pan

Directions

- Prepare pasta according to package directions.
- Drain and keep warm.
- Bring Alfredo sauce and next 4 ingredients to a boil in a large saucepan.
- Remove from heat. Stir in cheese until melted. Stir in cooked pasta.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:5.8052173044695%

Nutrients (% of daily need)

Calories: 235.43kcal (11.77%), Fat: 13.11g (20.16%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 18.32g (6.66%), Sugar: 1.73g (1.92%), Cholesterol: 42.74mg (14.25%), Sodium: 403.03mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.13%), Selenium: 20.99µg (29.99%), Calcium: 180.67mg (18.07%), Phosphorus: 159.36mg (15.94%), Manganese: 0.22mg (11.23%), Zinc: 1.2mg (8.03%), Vitamin B2: 0.13mg (7.71%), Vitamin A: 268.37IU (5.37%), Vitamin B12: 0.31µg (5.1%), Magnesium: 19.86mg (4.96%), Copper: 0.07mg (3.74%), Fiber: 0.76g (3.06%), Vitamin B6: 0.06mg (2.84%), Potassium: 88.69mg (2.53%), Vitamin B5: 0.24mg (2.38%), Vitamin B1: 0.03mg (2.27%), Folate: 8.92µg (2.23%), Vitamin B3: 0.42mg (2.08%), Iron: 0.35mg (1.92%), Vitamin D: 0.27µg (1.8%), Vitamin E: 0.22mg (1.45%)