



Creamy Macaroni and Cheese

READY IN



185 min.

SERVINGS



12

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black
- 4 tablespoons butter cut into pieces ()
- 10.8 ounce condensed cheddar cheese soup canned
- 0.5 teaspoon mustard dry
- 3 eggs beaten
- 2 cups elbow macaroni uncooked
- 0.5 teaspoon salt
- 10 ounces sharp cheddar cheese grated
- 0.5 cup cup heavy whipping cream sour

1 cup milk whole

Equipment

sauce pan

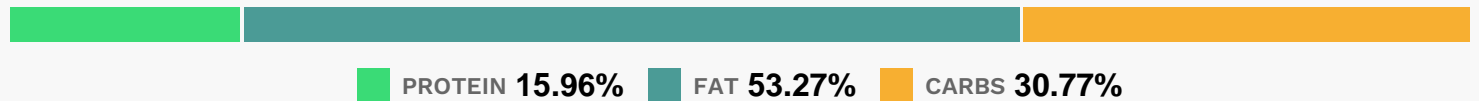
slow cooker

Directions

Boil the macaroni in a 2 quart saucepan in plenty of water until tender, about 7 minutes.

Drain. In a medium saucepan, mix butter and cheese. Stir until the cheese melts. In a slow cooker, combine cheese/butter mixture and add the eggs, sour cream, soup, salt, milk, mustard and pepper and stir well. Then add drained macaroni and stir again. Set the slow cooker on low setting and cook for 3 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:8.038260879076%

Nutrients (% of daily need)

Calories: 284.52kcal (14.23%), Fat: 16.78g (25.82%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.82g (7.57%), Sugar: 2.46g (2.74%), Cholesterol: 83.69mg (27.9%), Sodium: 442.23mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.63%), Selenium: 25.77µg (36.82%), Calcium: 222.67mg (22.27%), Phosphorus: 203.84mg (20.38%), Vitamin B2: 0.21mg (12.62%), Vitamin A: 608.21IU (12.16%), Manganese: 0.23mg (11.71%), Zinc: 1.46mg (9.76%), Vitamin B12: 0.49µg (8.1%), Potassium: 245.54mg (7.02%), Magnesium: 24.01mg (6%), Vitamin B5: 0.48mg (4.82%), Copper: 0.09mg (4.34%), Vitamin B6: 0.09mg (4.26%), Fiber: 0.98g (3.92%), Vitamin D: 0.59µg (3.9%), Folate: 15.2µg (3.8%), Vitamin E: 0.48mg (3.19%), Vitamin B1: 0.05mg (3.1%), Iron: 0.56mg (3.1%), Vitamin B3: 0.45mg (2.27%), Vitamin K: 1.3µg (1.23%)