



Creamy Mushroom Macaroni

READY IN



40 min.

SERVINGS



5

CALORIES



740 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 10.8 ounce cream of mushroom soup canned
- 16 ounce elbow macaroni
- 0.3 cup milk
- 1 pound processed cheese food cubed

Equipment

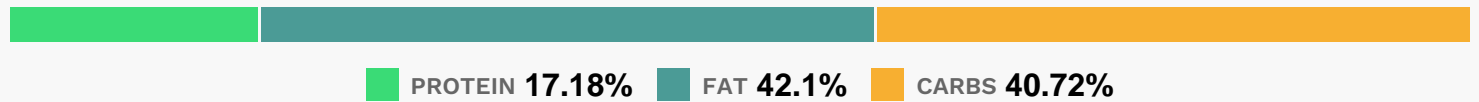
- sauce pan
- oven

- pot
- baking pan

Directions

- 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. Preheat oven to 350 degrees F (175 degrees C).
- In medium saucepan over medium heat, combine butter, milk, mushroom soup and processed cheese. Stir until cheese is melted and mixture is smooth. Stir in cooked pasta.
- Pour into 2 quart baking dish and bake 20 minutes or until top is golden brown.
- Let stand 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:24.312173625697%

Nutrients (% of daily need)

Calories: 740.15kcal (37.01%), Fat: 34.46g (53.02%), Saturated Fat: 19.11g (119.41%), Carbohydrates: 75.03g (25.01%), Net Carbohydrates: 72g (26.18%), Sugar: 5.26g (5.84%), Cholesterol: 101.74mg (33.91%), Sodium: 1977.68mg (85.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.64g (63.28%), Selenium: 76µg (108.57%), Calcium: 990.18mg (99.02%), Phosphorus: 787.74mg (78.77%), Manganese: 1.05mg (52.63%), Zinc: 4.28mg (28.52%), Vitamin B12: 1.55µg (25.85%), Copper: 0.43mg (21.3%), Magnesium: 77.94mg (19.49%), Vitamin B2: 0.33mg (19.22%), Vitamin A: 953.61IU (19.07%), Potassium: 423.92mg (12.11%), Iron: 2.18mg (12.1%), Fiber: 3.02g (12.1%), Vitamin B3: 2.18mg (10.89%), Vitamin B6: 0.21mg (10.61%), Vitamin B5: 0.94mg (9.36%), Vitamin B1: 0.12mg (7.78%), Folate: 27.94µg (6.98%), Vitamin E: 0.9mg (5.99%), Vitamin D: 0.72µg (4.82%), Vitamin K: 2.69µg (2.57%)