



Easy No-Boil Macaroni and Cheese

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings bread crumbs
- ☐ 4 tablespoons butter
- ☐ 12 ounce curd cottage cheese
- ☐ 2 cups elbow macaroni uncooked
- ☐ 1 pound cheddar cheese shredded
- ☐ 8 servings water to cover

Equipment

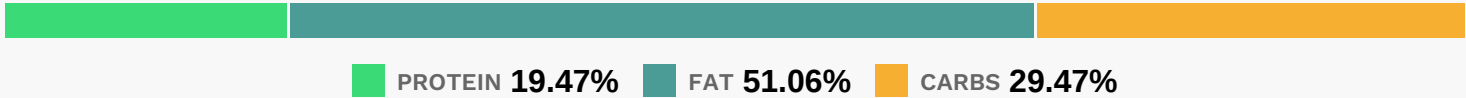
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a deep 2 quart casserole dish.
- ☐ Mix macaroni, cheese, and cottage cheese in a large bowl.
- ☐ Pour water into the dish just to cover noodles and cheese. Dot with butter.
- ☐ Sprinkle bread crumbs evenly over top.
- ☐ Bake until macaroni is tender, and cheese is melted, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:14.411304484243%

Nutrients (% of daily need)

Calories: 492.55kcal (24.63%), Fat: 27.84g (42.83%), Saturated Fat: 15.43g (96.46%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 34.59g (12.58%), Sugar: 2.88g (3.2%), Cholesterol: 78.98mg (26.33%), Sodium: 636.9mg (27.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.78%), Selenium: 44.88µg (64.12%), Calcium: 470.58mg (47.06%), Phosphorus: 411.63mg (41.16%), Vitamin B2: 0.38mg (22.53%), Manganese: 0.42mg (20.97%), Zinc: 2.92mg (19.46%), Vitamin A: 802.59IU (16.05%), Vitamin B12: 0.83µg (13.85%), Magnesium: 44.07mg (11.02%), Vitamin B1: 0.16mg (10.43%), Copper: 0.2mg (9.78%), Folate: 34.22µg (8.55%), Vitamin B5: 0.68mg (6.85%), Vitamin B3: 1.33mg (6.66%), Fiber: 1.57g (6.28%), Vitamin B6: 0.12mg (6.03%), Iron: 1.06mg (5.89%), Potassium: 187.21mg (5.35%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.38µg (2.55%), Vitamin K: 2.55µg (2.42%)