



Easy Pleasy Mac N Cheesy - US Navy Style

READY IN



65 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 10.8 ounce condensed cheddar cheese soup canned
- ☐ 8 ounces elbow macaroni
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup milk
- ☐ 0.3 cup freshly parmesan cheese shredded
- ☐ 8 ounces processed cheese cubed velveeta® (such as)
- ☐ 0.5 cup saltines crushed
- ☐ 1 cup cup heavy whipping cream sour

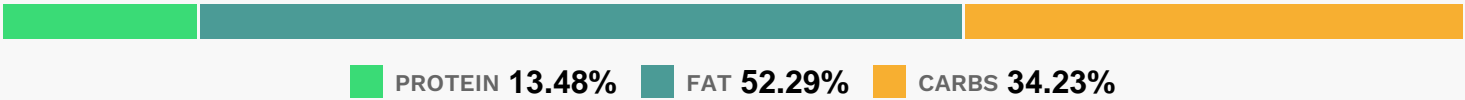
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch baking dish.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Transfer the macaroni to a large bowl, and stir in the processed cheese cubes, Cheddar cheese soup, sour cream, Parmesan cheese, milk, salt, and black pepper.
- ☐ Pour into the prepared baking dish.
- ☐ Mix the cracker crumbs with the butter, and sprinkle over the casserole. Cover the casserole with aluminum foil.
- ☐ Bake in the preheated oven until bubbling, about 30 minutes; remove foil and bake until crumbs are golden brown, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:13.438695851875%

Nutrients (% of daily need)

Calories: 484.14kcal (24.21%), Fat: 28.09g (43.21%), Saturated Fat: 15.18g (94.87%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 39.57g (14.39%), Sugar: 5.08g (5.64%), Cholesterol: 77.75mg (25.92%), Sodium: 1071.33mg (46.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.59%), Calcium: 534.93mg (53.49%), Selenium: 34.92µg (49.88%), Phosphorus: 399.55mg (39.95%), Manganese: 0.43mg (21.48%), Vitamin A: 983.42IU (19.67%), Vitamin B2: 0.25mg (14.56%), Vitamin B12: 0.82µg (13.67%), Potassium: 457.34mg (13.07%), Zinc: 1.84mg (12.3%), Magnesium: 39.57mg (9.89%), Copper: 0.14mg (7.23%), Fiber: 1.8g (7.22%), Vitamin B1: 0.1mg (6.78%), Iron: 1.13mg (6.26%), Vitamin B5: 0.57mg (5.73%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.11mg (5.57%), Folate: 20.39µg (5.1%), Vitamin E: 0.69mg (4.57%), Vitamin K: 3.7µg (3.52%), Vitamin D: 0.47µg (3.14%)