



## Extra-Cheesy Macaroni and Cheese

READY IN



246 min.

SERVINGS



8

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 teaspoon mustard dry
- ☐ 2 large eggs lightly beaten
- ☐ 12 ounce evaporated milk canned
- ☐ 0.3 teaspoon ground pepper red
- ☐ 8 ounce three-cheese blend shredded italian
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 8 ounce sharp cheddar cheese shredded

☐

2.3 cups shell pasta uncooked

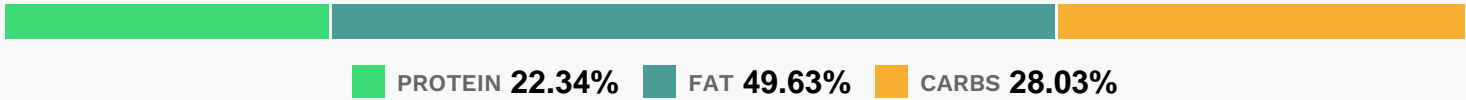
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

## Directions

- ☐ Combine cheeses in a bowl; set aside.
- ☐ Whisk together eggs and next 6 ingredients in a large bowl. Stir in pasta and 3 cups cheese mixture.
- ☐ Pour mixture into a lightly greased 3-quart slow cooker; sprinkle with 3/4 cup cheese mixture.
- ☐ Cover and cook on LOW 4 hours.
- ☐ Sprinkle servings evenly with remaining cheese mixture.
- ☐ No Precook: The best part of this simple recipe is that you don't have to precook the pasta!

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:9.46, Inflammation Score:-5, Nutrition Score:11.871304382449%

## Nutrients (% of daily need)

Calories: 415.21kcal (20.76%), Fat: 23.1g (35.54%), Saturated Fat: 9.86g (61.61%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 28.38g (10.32%), Sugar: 7.38g (8.2%), Cholesterol: 98.34mg (32.78%), Sodium: 611.92mg (26.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.8%), Selenium: 31.89µg (45.55%), Calcium: 438.62mg (43.86%), Phosphorus: 342.21mg (34.22%), Vitamin B2: 0.4mg (23.4%), Manganese: 0.29mg (14.56%), Zinc: 2.13mg (14.19%), Vitamin B12: 0.73µg (12.11%), Vitamin A: 554.06IU (11.08%), Magnesium: 40.77mg (10.19%), Vitamin B5: 0.88mg (8.75%), Potassium: 303.64mg (8.68%), Vitamin B6: 0.13mg (6.63%), Vitamin D: 0.97µg (6.44%), Vitamin B1: 0.09mg (5.73%), Copper: 0.11mg (5.51%), Folate: 20.68µg (5.17%), Iron: 0.75mg (4.15%), Fiber: 0.97g (3.89%), Vitamin E: 0.5mg (3.3%), Vitamin B3: 0.65mg (3.24%), Vitamin K: 1.4µg (1.34%), Vitamin C: 0.87mg (1.05%)