



Fancy-But-Easy Mac N' Cheese

READY IN



80 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 1 tablespoon butter
- 33 ounce condensed cream of cheddar cheese soup canned
- 1 pinch garlic salt
- 8 servings salt and ground pepper black to taste
- 0.7 cup havarti cheese shredded
- 0.3 cup parmesan cheese grated
- 16 ounce shells
- 1 small onion diced red

1.3 cups cheddar cheese shredded

Equipment

oven

pot

casserole dish

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the diced onion in a large pot of lightly-salted water; bring to a boil. Cook the pasta until al dente, 8 to 10 minutes; drain.

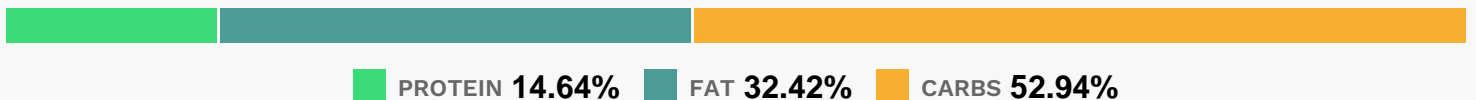
Transfer the onion and pasta to a casserole dish; season with salt, pepper, and garlic salt. Stir the butter and brown sugar into the pasta mixture until the butter melts.

Add the Cheddar cheese soup, Havarti cheese, Parmesan cheese and 1/3 cup of Cheddar cheese; stir well.

Sprinkle remaining Cheddar cheese over top of the dish.

Bake in preheated oven about 45 minutes. Change oven setting to 'Broil' and cook until top is golden brown, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:17.44, Inflammation Score:-6, Nutrition Score:12.081304337667%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 471.64kcal (23.58%), Fat: 16.81g (25.86%), Saturated Fat: 8.68g (54.25%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 58.75g (21.37%), Sugar: 10.71g (11.9%), Cholesterol: 38.28mg (12.76%), Sodium:

883.72mg (38.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.16%), Selenium: 43.23µg (61.76%), Manganese: 0.56mg (28.25%), Calcium: 277mg (27.7%), Phosphorus: 267.98mg (26.8%), Potassium: 712.55mg (20.36%), Vitamin A: 806.25IU (16.12%), Zinc: 2.03mg (13.54%), Fiber: 3.01g (12.04%), Magnesium: 40.96mg (10.24%), Vitamin B2: 0.16mg (9.61%), Copper: 0.19mg (9.47%), Vitamin B12: 0.37µg (6.25%), Vitamin B6: 0.12mg (6.21%), Folate: 22.75µg (5.69%), Vitamin B3: 1.01mg (5.05%), Iron: 0.88mg (4.91%), Vitamin B1: 0.07mg (4.57%), Vitamin B5: 0.39mg (3.94%), Vitamin E: 0.33mg (2.19%), Vitamin C: 1.06mg (1.29%), Vitamin D: 0.15µg (1.02%)