



WHATSheATE



Four Ingredient Macaroni and Cheese



Vegetarian



Popular

READY IN



25 min.

SERVINGS



25

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups elbow macaroni
- ☐ 1 tsp ground mustard
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 2 cups skim milk

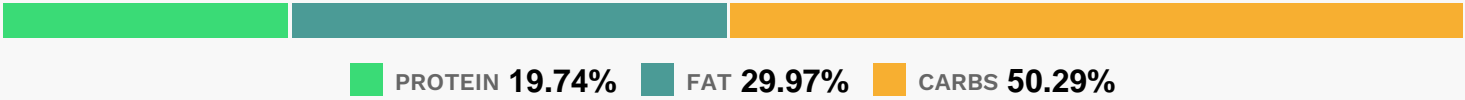
Equipment

- ☐ sauce pan
- ☐ stove

Directions

- ☐ Bring milk, mustard powder and macaroni to a simmer/low boil in a saucepan and cook for about 20 minutes until noodles are al dente or to desired doneness. Stir constantly and make sure noodles do not stick to bottom.
- ☐ Remove from stove and add in cheese and stir until cheese is completely melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.41, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.7782608501451%

Nutrients (% of daily need)

Calories: 76.28kcal (3.81%), Fat: 2.52g (3.88%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 9.14g (3.32%), Sugar: 1.32g (1.46%), Cholesterol: 7.37mg (2.46%), Sodium: 53.06mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Selenium: 9.56µg (13.65%), Calcium: 76.37mg (7.64%), Phosphorus: 73.85mg (7.39%), Manganese: 0.11mg (5.3%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.19µg (3.09%), Magnesium: 10.41mg (2.6%), Vitamin A: 107.94IU (2.16%), Potassium: 63.52mg (1.81%), Copper: 0.04mg (1.78%), Vitamin D: 0.26µg (1.71%), Vitamin B6: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.58%), Vitamin B5: 0.15mg (1.47%), Fiber: 0.37g (1.47%), Vitamin B3: 0.22mg (1.1%)