



## Ginny's Cheezy Macaroni

READY IN



70 min.

SERVINGS



6

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon pepper black
- 2.5 cups .5 oz. macaroni
- 3 tablespoons butter
- 4 cups milk
- 1 teaspoon salt
- 8 ounce cheddar cheese shredded

### Equipment

- oven

baking pan

## Directions

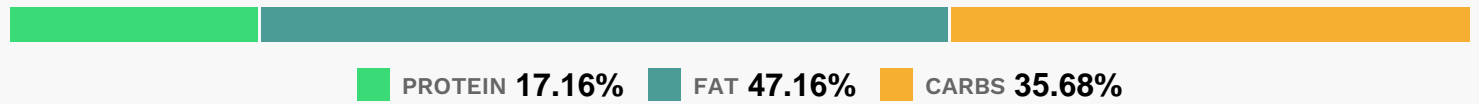
Preheat oven to 350 degrees F (175 degrees C).

Place margarine in 9x13 inch baking dish and put in oven to melt. When margarine is completely melted, pour in macaroni, salt and pepper. Stir until macaroni is coated with butter.

Sprinkle cheese over macaroni and then pour milk over all. Do not stir and do not cover dish.

Bake in preheated oven for 60 minutes. Do not stir while baking.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:3.18, Inflammation Score:-6, Nutrition Score:15.306956545976%

## Nutrients (% of daily need)

Calories: 465.3kcal (23.27%), Fat: 24.36g (37.48%), Saturated Fat: 11.58g (72.36%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 39.98g (14.54%), Sugar: 9.12g (10.13%), Cholesterol: 57.32mg (19.11%), Sodium: 765.3mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.89%), Selenium: 41.46µg (59.22%), Calcium: 480.33mg (48.03%), Phosphorus: 422.24mg (42.22%), Vitamin B2: 0.42mg (24.74%), Manganese: 0.46mg (22.75%), Vitamin B12: 1.29µg (21.43%), Vitamin A: 894.48IU (17.89%), Zinc: 2.68mg (17.84%), Vitamin D: 2.02µg (13.44%), Magnesium: 53.7mg (13.43%), Potassium: 378.12mg (10.8%), Vitamin B5: 0.96mg (9.62%), Vitamin B1: 0.14mg (9.5%), Vitamin B6: 0.19mg (9.45%), Copper: 0.15mg (7.26%), Fiber: 1.48g (5.94%), Vitamin B3: 0.94mg (4.7%), Vitamin E: 0.63mg (4.22%), Folate: 15.94µg (3.98%), Iron: 0.66mg (3.69%), Vitamin K: 1.98µg (1.89%)