



Golden Macaroni & Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups elbow macaroni cooked
- ☐ 10 oz cream of mushroom soup canned
- ☐ 1 cup fried onions french
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon mustard
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups cheddar cheese shredded divided

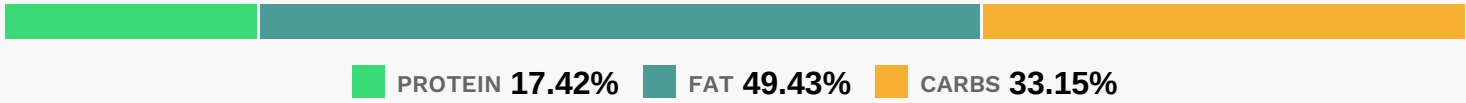
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Blend soup, milk, mustard and pepper in a lightly greased 1 1/2 quart casserole dish. Stir in macaroni and 1 1/2 cups cheese.
- ☐ Bake, uncovered, at 350 degrees for 20 minutes. Top with remaining cheese and onions; bake 10 additional minutes.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:16.08, Inflammation Score:-5, Nutrition Score:14.306521726691%

Nutrients (% of daily need)

Calories: 545.99kcal (27.3%), Fat: 29.69g (45.68%), Saturated Fat: 15.36g (96.03%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 42.72g (15.54%), Sugar: 2.25g (2.5%), Cholesterol: 63.7mg (21.23%), Sodium: 1008.15mg (43.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.1%), Selenium: 44.5µg (63.58%), Calcium: 447.83mg (44.78%), Phosphorus: 371.8mg (37.18%), Manganese: 0.57mg (28.41%), Zinc: 3.52mg (23.46%), Vitamin B2: 0.36mg (20.9%), Vitamin B12: 0.88µg (14.62%), Copper: 0.27mg (13.35%), Vitamin A: 616.33IU (12.33%), Magnesium: 43.18mg (10.8%), Fiber: 2.07g (8.3%), Vitamin B6: 0.14mg (6.9%), Potassium: 226.52mg (6.47%), Iron: 1.13mg (6.26%), Folate: 24.23µg (6.06%), Vitamin B5: 0.6mg (6.02%), Vitamin B3: 1.12mg (5.62%), Vitamin B1: 0.07mg (4.66%), Vitamin D: 0.67µg (4.5%), Vitamin E: 0.5mg (3.37%), Vitamin K: 1.56µg (1.48%)