



Homemade Mac and Cheese

READY IN



40 min.

SERVINGS



40

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter melted
- 2 cups elbow macaroni cooked
- 2 eggs
- 5 oz evaporated milk canned
- 0.3 tsp ground pepper red (cayenne)
- 1 cup cheddar cheese shredded kraft
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

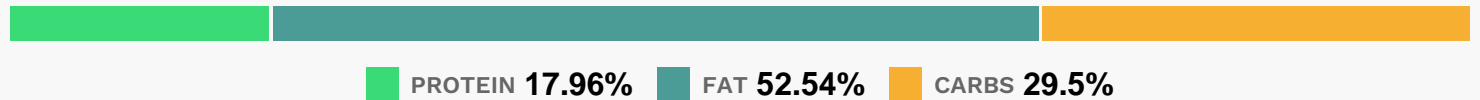
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 350F.
- Whisk eggs and milk in large bowl until blended.
- Add VELVEETA, cheddar, butter and red pepper; mix well. Stir in macaroni.
- Spoon into 1-1/2-qt. casserole sprayed with cooking spray.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:1.03, Inflammation Score:-1, Nutrition Score:1.0599999942857%

Nutrients (% of daily need)

Calories: 35.58kcal (1.78%), Fat: 2.07g (3.18%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.41g (0.46%), Cholesterol: 12.04mg (4.01%), Sodium: 32.03mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Selenium: 3.41µg (4.86%), Calcium: 31.17mg (3.12%), Phosphorus: 28.74mg (2.87%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 78.38IU (1.57%), Zinc: 0.2mg (1.3%), Manganese: 0.02mg (1.19%)