



Kitchen Express Easy, Creamy Mac and Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



965 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 oz alfredo sauce light refrigerated
- 0.3 teaspoon ground pepper red
- 16 oz rotini pasta
- 10 oz block sharp cheddar cheese shredded 2%

Equipment

- sauce pan
- whisk

Directions

- Prepare pasta according to package directions.
- Cook Alfredo sauce in a large saucepan over medium heat, stirring often, 3 to 4 minutes or until thoroughly heated. Gradually whisk in shredded Cheddar cheese until smooth. Stir in hot cooked pasta and ground red pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:34.52, Inflammation Score:-6, Nutrition Score:20.07652166583%

Nutrients (% of daily need)

Calories: 965.42kcal (48.27%), Fat: 49.08g (75.5%), Saturated Fat: 25.55g (159.68%), Carbohydrates: 91.15g (30.38%), Net Carbohydrates: 87.49g (31.81%), Sugar: 5.54g (6.16%), Cholesterol: 163.86mg (54.62%), Sodium: 1423.04mg (61.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Selenium: 91.74µg (131.05%), Phosphorus: 539.29mg (53.93%), Calcium: 525.08mg (52.51%), Manganese: 1.05mg (52.47%), Zinc: 4.2mg (28.02%), Vitamin B2: 0.38mg (22.46%), Magnesium: 79.43mg (19.86%), Copper: 0.35mg (17.58%), Vitamin A: 762.17IU (15.24%), Fiber: 3.66g (14.65%), Vitamin B12: 0.75µg (12.52%), Vitamin B6: 0.21mg (10.65%), Vitamin B3: 1.98mg (9.88%), Iron: 1.6mg (8.87%), Folate: 35.43µg (8.86%), Potassium: 309.97mg (8.86%), Vitamin B1: 0.12mg (8.2%), Vitamin B5: 0.78mg (7.81%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.43µg (2.83%), Vitamin K: 1.91µg (1.82%)