



## Light and Creamy Mac and Cheese

READY IN



10 min.

SERVINGS



2

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons croutons fat-free crushed
- 3 oz elbow macaroni uncooked
- 0.7 cup skim milk fat-free (skim)
- 1 oz cream cheese softened cut into small pieces, reduced-fat (Neufchâtel)
- 0.3 cup peas sweet frozen
- 1.5 oz processed cheese food

### Equipment

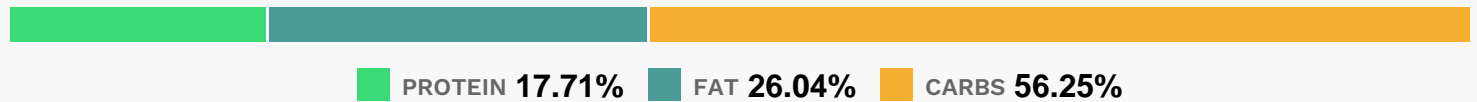
- frying pan

whisk

## Directions

- Cook and drain macaroni as directed on package, omitting salt and adding peas for the last 5 minutes of cooking.
- Meanwhile, in 10-inch nonstick skillet, heat milk, cream cheese and American cheese over medium-low heat, stirring carefully with wire whisk, until cheese is melted.
- Add cooked macaroni and peas to cheese sauce; stir to coat.
- Let stand 2 to 3 minutes or until slightly thickened.
- Serve topped with croutons.

## Nutrition Facts



## Properties

Glycemic Index:88.29, Glycemic Load:9.75, Inflammation Score:-6, Nutrition Score:15.544782830321%

## Nutrients (% of daily need)

Calories: 372.66kcal (18.63%), Fat: 10.71g (16.47%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 48.54g (17.65%), Sugar: 7.94g (8.82%), Cholesterol: 31.37mg (10.46%), Sodium: 546.63mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.77%), Selenium: 39.35µg (56.22%), Calcium: 377.18mg (37.72%), Phosphorus: 368.7mg (36.87%), Manganese: 0.58mg (28.78%), Vitamin B1: 0.25mg (16.62%), Vitamin B2: 0.28mg (16.51%), Vitamin B12: 0.92µg (15.38%), Fiber: 3.49g (13.97%), Zinc: 2.01mg (13.39%), Magnesium: 51.56mg (12.89%), Vitamin A: 630.65IU (12.61%), Folate: 48.91µg (12.23%), Vitamin C: 9.67mg (11.72%), Vitamin B3: 2.16mg (10.81%), Potassium: 371.59mg (10.62%), Copper: 0.21mg (10.27%), Iron: 1.67mg (9.27%), Vitamin B6: 0.17mg (8.51%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 1.07µg (7.12%), Vitamin K: 6.74µg (6.42%), Vitamin E: 0.29mg (1.91%)