



## Lisa's Macaroni and Cheese

READY IN



80 min.

SERVINGS



15

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon parsley dried
- 2 pounds elbow macaroni
- 1 pinch garlic powder
- 3 tablespoons butter
- 0.5 cup milk
- 0.1 teaspoon onion powder
- 15 servings salt to taste
- 10 ounces cheddar cheese shredded
- 10 ounces mozzarella cheese shredded

10 ounces swiss cheese shredded

## Equipment

bowl

oven

pot

baking pan

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

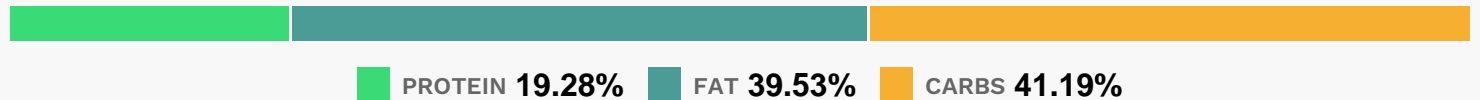
Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, combine macaroni, Swiss, mozzarella and Cheddar and stir until cheeses melt. Stir in milk. Season to taste with salt, onion powder, garlic powder, and parsley. Spoon into prepared dish, and dot with margarine.

Bake in preheated oven 50 to 60 minutes, or until top is crunchy.

## Nutrition Facts



## Properties

Glycemic Index:8.27, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:14.019130401394%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

## Nutrients (% of daily need)

Calories: 457.56kcal (22.88%), Fat: 19.94g (30.67%), Saturated Fat: 10.34g (64.63%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 44.79g (16.29%), Sugar: 2.26g (2.52%), Cholesterol: 52.38mg (17.46%), Sodium: 504.01mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.88g (43.76%), Selenium: 52.63µg (75.19%), Calcium: 421.02mg (42.1%), Phosphorus: 385.2mg (38.52%), Manganese: 0.56mg (28.22%), Vitamin B12: 1.25µg (20.81%), Zinc: 2.96mg (19.73%), Vitamin B2: 0.24mg (14.28%), Magnesium: 48.27mg (12.07%), Vitamin A: 587.37IU (11.75%), Copper: 0.19mg (9.62%), Fiber: 1.94g (7.76%), Vitamin B6: 0.12mg (6.23%), Potassium: 190.91mg (5.45%),

Vitamin B3: 1.08mg (5.39%), Iron: 0.93mg (5.15%), Vitamin B1: 0.07mg (4.84%), Vitamin B5: 0.48mg (4.79%), Folate: 17.92µg (4.48%), Vitamin E: 0.45mg (2.99%), Vitamin D: 0.28µg (1.86%), Vitamin K: 1.26µg (1.2%)