



Macaroni and Cheese for Two

READY IN



40 min.

SERVINGS



2

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups elbow macaroni cooked
- 1 cup sharp cheddar cheese shredded
- 0.5 cup milk whole
- 1 large eggs lightly beaten
- 0.5 teaspoon salt
- 1 tablespoon butter

Equipment

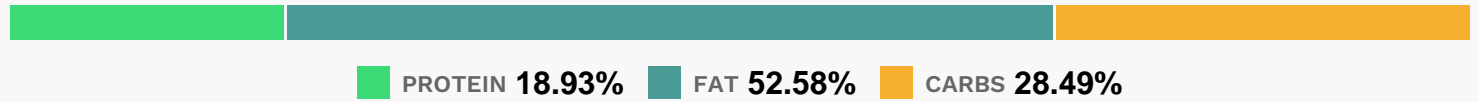
- bowl

- oven
- knife
- baking pan

Directions

- Preheat oven to 350°. In a medium bowl, combine macaroni, cheese, milk, egg and salt; mix well.
- Pour into a greased 1-qt. shallow baking dish; dot with butter.
- Bake, uncovered, until a knife inserted in the center comes out clean, 30–35 minutes.

Nutrition Facts



Properties

Glycemic Index:82.33, Glycemic Load:16.61, Inflammation Score:-6, Nutrition Score:15.835217569185%

Nutrients (% of daily need)

Calories: 518.96kcal (25.95%), Fat: 30.19g (46.45%), Saturated Fat: 16.55g (103.42%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 34.92g (12.7%), Sugar: 3.81g (4.23%), Cholesterol: 171.87mg (57.29%), Sodium: 1055.62mg (45.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.93%), Selenium: 52.62µg (75.16%), Calcium: 497.88mg (49.79%), Phosphorus: 432.46mg (43.25%), Vitamin B2: 0.47mg (27.7%), Zinc: 3.19mg (21.26%), Vitamin A: 974.88IU (19.5%), Vitamin B12: 1.16µg (19.38%), Manganese: 0.35mg (17.73%), Magnesium: 44.63mg (11.16%), Vitamin D: 1.51µg (10.07%), Vitamin B5: 0.97mg (9.69%), Vitamin B6: 0.17mg (8.52%), Folate: 31.17µg (7.79%), Fiber: 1.89g (7.56%), Copper: 0.14mg (7.14%), Vitamin E: 0.94mg (6.28%), Potassium: 217.51mg (6.21%), Iron: 1.06mg (5.88%), Vitamin B1: 0.08mg (5.46%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 2.1µg (2%)