



Macaroni and Cheese III

READY IN



35 min.

SERVINGS



8

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 14.5 ounce canned tomatoes canned
- 0.1 teaspoon celery seed
- 0.3 tablespoon basil dried
- 8 servings ground pepper black to taste
- 16 ounce macaroni
- 0.5 cup yogurt plain
- 8 servings salt to taste
- 2.5 cups sharp cheddar cheese shredded

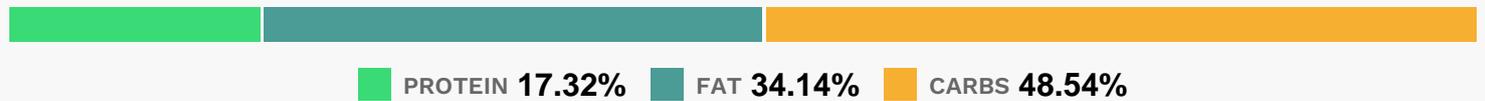
Equipment

- sauce pan
- pot

Directions

- In a large pot cook macaroni pasta in boiling salted water until al dente.
- Drain well.
- In a large saucepan over medium heat, melt the grated Cheddar cheese, plain yogurt, butter or margarine, and tomatoes. Cook until smooth.
- Add salt, black pepper, basil to taste, celery seed and cooked pasta to saucepan. Stir until blended.
- Turn off the heat and let sit for 10 minutes with lid on, stirring occasionally.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:13.933043469553%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 393.42kcal (19.67%), Fat: 14.94g (22.98%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 44.93g (16.34%), Sugar: 4.61g (5.12%), Cholesterol: 41.07mg (13.69%), Sodium: 514.42mg (22.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.11%), Selenium: 46.5µg (66.43%), Manganese: 0.65mg (32.3%), Calcium: 301.9mg (30.19%), Phosphorus: 300.97mg (30.1%), Zinc: 2.34mg (15.59%), Vitamin B2: 0.24mg (14.15%), Copper: 0.28mg (13.77%), Magnesium: 52.94mg (13.23%), Fiber: 2.87g (11.47%), Vitamin A: 524.69IU (10.49%), Potassium: 333.43mg (9.53%), Vitamin B6: 0.19mg (9.46%), Iron: 1.61mg (8.93%), Vitamin B3: 1.63mg (8.15%), Vitamin B12: 0.43µg (7.23%), Vitamin B1: 0.1mg (6.98%), Vitamin E: 1.03mg (6.89%), Folate: 25.83µg (6.46%), Vitamin B5: 0.6mg (5.97%), Vitamin C: 4.81mg (5.83%), Vitamin K: 6.09µg (5.8%), Vitamin

D: 0.23 μ g (1.51%)