



## Macaroni-Mushroom Bake

READY IN



45 min.

SERVINGS



5

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 8 ounces elbow macaroni cooked
- ☐ 1 cup cracker crumbs
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 8 ounces cheddar cheese shredded

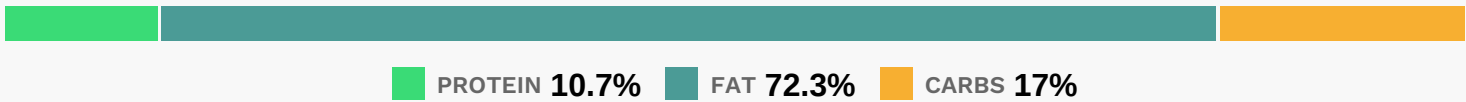
# Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Combine first 7 ingredients.
- ☐ Pour into a lightly greased 2-quart baking dish; top with cracker crumbs.
- ☐ Bake, covered, at 350 for 20 minutes. Uncover and bake 10 minutes.

# Nutrition Facts



# Properties

Glycemic Index:32.73, Glycemic Load:7.16, Inflammation Score:-5, Nutrition Score:16.098260900249%

# Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

# Nutrients (% of daily need)

Calories: 667.95kcal (33.4%), Fat: 53.69g (82.6%), Saturated Fat: 15.43g (96.45%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 26.38g (9.59%), Sugar: 2.68g (2.98%), Cholesterol: 67.22mg (22.41%), Sodium: 1216.5mg (52.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.75%), Vitamin K: 80.7µg (76.85%), Selenium: 27.36µg (39.09%), Calcium: 353.45mg (35.34%), Phosphorus: 312.68mg (31.27%), Manganese: 0.44mg (22.01%), Zinc: 2.89mg (19.29%), Vitamin B2: 0.29mg (17.35%), Vitamin E: 2.29mg (15.25%), Copper: 0.27mg (13.35%), Vitamin B12: 0.63µg (10.53%), Vitamin A: 511.34IU (10.23%), Iron: 1.58mg (8.77%), Vitamin B3: 1.75mg (8.73%), Folate: 32.83µg (8.21%), Magnesium: 32.35mg (8.09%), Fiber: 2.02g (8.09%), Vitamin C: 6.58mg (7.98%), Vitamin B1: 0.12mg (7.94%), Vitamin B5: 0.68mg (6.77%), Vitamin B6: 0.13mg (6.44%), Potassium: 208.9mg (5.97%), Vitamin D: 0.41µg (2.71%)