



Mary's Macaroni & Cheese

READY IN



50 min.

SERVINGS



50

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter cut into small pieces
- 16 oz elbow macaroni cooked
- 1 eggs
- 2.5 cups milk
- 50 servings paprika
- 8 oz cheddar cheese shredded kraft
- 8 oz velveeta cut into 1/2-inch cubes
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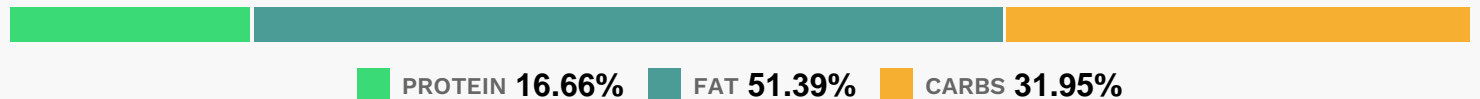
Equipment

- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Place butter in 13x9-inch baking dish; cover with layers of half each of the macaroni, VELVEETA and cheddar.
- Whisk egg and milk until blended; pour half over ingredients in baking dish. Repeat with all remaining ingredients except paprika.
- Bake 15 min.; stir until blended.
- Bake 15 min. or until macaroni mixture is heated through and top is golden brown.
- Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:3.3047825935418%

Nutrients (% of daily need)

Calories: 55.22kcal (2.76%), Fat: 3.27g (5.03%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.86g (0.96%), Cholesterol: 9.27mg (3.09%), Sodium: 47.7mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Vitamin A: 1095.64IU (21.91%), Selenium: 4.31µg (6.15%), Calcium: 53.12mg (5.31%), Phosphorus: 46.64mg (4.66%), Vitamin E: 0.67mg (4.48%), Vitamin B2: 0.07mg (3.98%), Fiber: 0.86g (3.45%), Manganese: 0.06mg (3.11%), Vitamin B6: 0.06mg (2.97%), Iron: 0.49mg (2.73%), Zinc: 0.36mg (2.4%), Potassium: 73.08mg (2.09%), Vitamin B12: 0.12µg (2.05%), Magnesium: 8.02mg (2.01%), Vitamin K: 1.75µg (1.67%), Vitamin B5: 0.14mg (1.39%), Copper: 0.03mg (1.28%), Vitamin B3: 0.25mg (1.27%), Vitamin D: 0.18µg (1.19%), Vitamin B1: 0.02mg (1.14%)