



Microwave Macaroni and Cheese

READY IN



25 min.

SERVINGS



4

CALORIES



711 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings ground pepper black to taste
- ☐ 8 ounces macaroni
- ☐ 0.8 cup milk
- ☐ 2.5 tablespoons onion chopped
- ☐ 16 ounces processed cheese food cubed
- ☐ 4 servings salt to taste

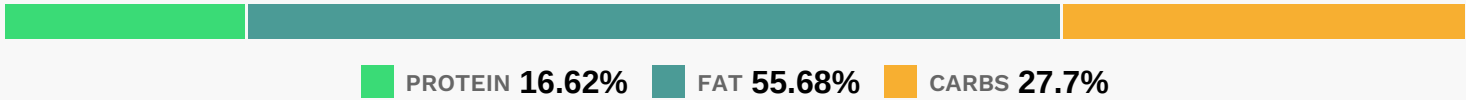
Equipment

- ☐ pot
- ☐ casserole dish
- ☐ microwave

Directions

- ☐ In a large pot with boiling salted water cook the elbow macaroni until al dente.
- ☐ Drain and set aside.
- ☐ In a 2-quart microwave-safe covered casserole dish, cook the onions and butter or margarine on high for 3 to 4 minutes.
- ☐ Add the cooked and drained pasta, milk, and cubed cheese and stir. Cook for 11 to 12 minutes on high, stirring well after 4, 8, and 11 minutes. The mixture will still be runny at this stage.
- ☐ Add salt and pepper to taste.
- ☐ Let stand for 5–8 minutes before serving. The sauce will thicken as it cools slightly.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.09, Inflammation Score:-7, Nutrition Score:22.514782441699%

Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 711.45kcal (35.57%), Fat: 44.06g (67.78%), Saturated Fat: 25.09g (156.79%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 47.38g (17.23%), Sugar: 6.55g (7.27%), Cholesterol: 133.94mg (44.65%), Sodium: 2154.74mg (93.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.18%), Calcium: 1256.87mg (125.69%), Phosphorus: 883.9mg (88.39%), Selenium: 59.72µg (85.31%), Vitamin B12: 1.96µg (32.67%), Manganese: 0.59mg (29.48%), Vitamin A: 1321.33IU (26.43%), Zinc: 3.83mg (25.53%), Vitamin B2: 0.37mg (21.57%), Magnesium: 65.96mg (16.49%), Copper: 0.22mg (11.02%), Potassium: 356.92mg (10.2%), Vitamin B5: 0.89mg (8.89%), Vitamin B6: 0.18mg (8.88%), Iron: 1.48mg (8.21%), Vitamin D: 1.18µg (7.89%), Fiber: 1.95g (7.78%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.1mg (6.47%), Vitamin B3: 1.11mg (5.55%), Folate: 20.69µg (5.17%), Vitamin K: 3.82µg (3.64%)