



Mom's Baked Macaroni and Cheese

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



644 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce condensed cheddar cheese soup canned
- 1 pound colby cheese shredded
- 16 ounce macaroni
- 1 cup milk

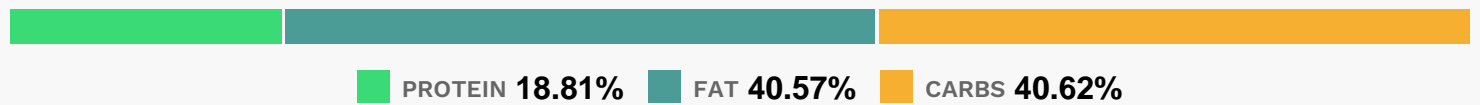
Equipment

- oven
- pot
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Place macaroni in a 2 quart casserole dish. Stir in cheese soup and milk until well combined.
- Sprinkle with shredded Colby.
- Bake 25 to 30 minutes, or until cheese is brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:18.493043298307%

Nutrients (% of daily need)

Calories: 643.87kcal (32.19%), Fat: 28.76g (44.24%), Saturated Fat: 17.06g (106.6%), Carbohydrates: 64.8g (21.6%), Net Carbohydrates: 61.97g (22.54%), Sugar: 5.19g (5.76%), Cholesterol: 78.73mg (26.24%), Sodium: 742.76mg (32.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Selenium: 59.51µg (85.02%), Calcium: 600mg (60%), Phosphorus: 529.44mg (52.94%), Manganese: 0.7mg (35.2%), Zinc: 3.55mg (23.69%), Vitamin B2: 0.38mg (22.65%), Vitamin A: 1022.03IU (20.44%), Magnesium: 64.6mg (16.15%), Potassium: 555.18mg (15.86%), Vitamin B12: 0.85µg (14.12%), Copper: 0.25mg (12.53%), Fiber: 2.83g (11.3%), Vitamin B6: 0.19mg (9.59%), Iron: 1.56mg (8.65%), Vitamin B3: 1.4mg (6.99%), Vitamin B1: 0.1mg (6.81%), Folate: 27.22µg (6.8%), Vitamin B5: 0.64mg (6.36%), Vitamin D: 0.9µg (6.01%), Vitamin K: 2.24µg (2.13%), Vitamin E: 0.32mg (2.1%)