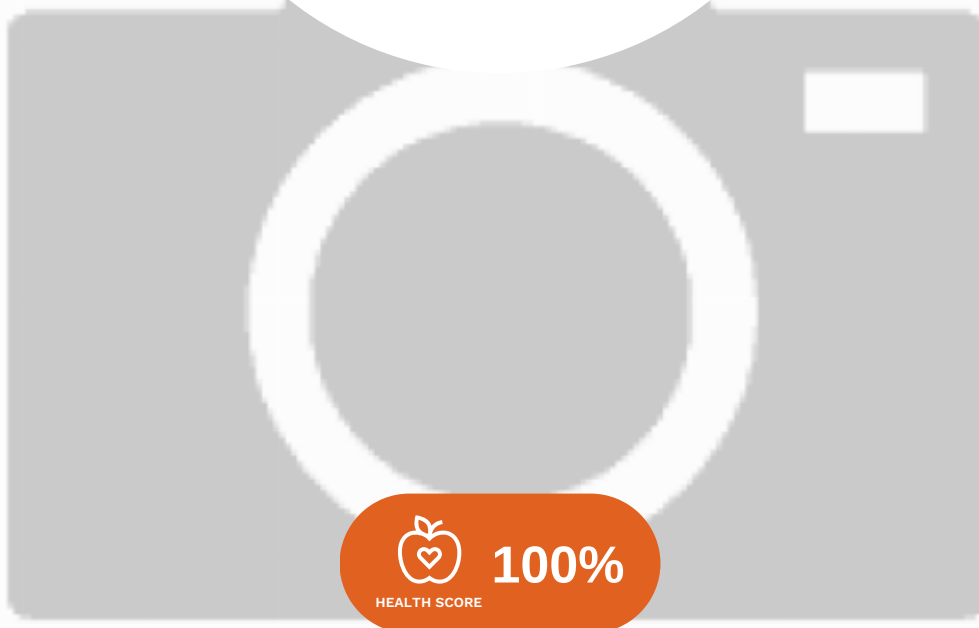




Mom's Macaroni and Cheese



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



6205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound processed cheese food cubed
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 pound elbow macaroni
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 quarts milk
- ☐ 0.8 cup seasoned bread crumbs dry
- ☐ 0.5 cup vegetable oil

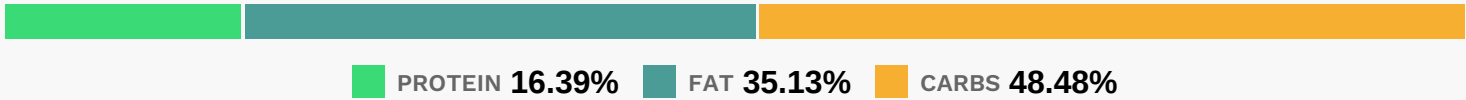
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 5 to 7 minutes or until just less than al dente; drain.
- ☐ In large saucepan, heat oil over medium heat.
- ☐ Add flour all at once and stir vigorously until combined.
- ☐ Add milk a little at a time, stirring constantly until all milk is incorporated and sauce is smooth. Stir in pepper, American cheese and tomatoes. Stir until cheese is melted and mixture is smooth (if cheese starts to stick, reduce heat).
- ☐ Place macaroni in a 10x15 baking dish.
- ☐ Pour cheese mixture over macaroni, and sprinkle with bread crumbs.
- ☐ Bake 15 minutes, or until top is golden.

Nutrition Facts



Properties

Glycemic Index:210, Glycemic Load:192.52, Inflammation Score:-10, Nutrition Score:95.280869525412%

Nutrients (% of daily need)

Calories: 6205.21kcal (310.26%), Fat: 243.05g (373.92%), Saturated Fat: 123.66g (772.88%), Carbohydrates: 754.79g (251.6%), Net Carbohydrates: 713.78g (259.56%), Sugar: 154.18g (171.31%), Cholesterol: 681.62mg (227.21%), Sodium: 10581.37mg (460.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 255.13g (510.26%), Calcium: 7638.94mg (763.89%), Selenium: 526.05µg (751.5%), Phosphorus: 6361.34mg (636.13%), Manganese: 8.59mg (429.59%), Vitamin B2: 5.97mg (351.09%), Vitamin B1: 4.96mg (330.67%), Vitamin B12: 17.34µg (288.99%),

Magnesium: 842.33mg (210.58%), Potassium: 7263.8mg (207.54%), Zinc: 30.64mg (204.28%), Vitamin B3: 40.06mg (200.3%), Folate: 785.9µg (196.47%), Iron: 35.2mg (195.57%), Vitamin A: 9238.44IU (184.77%), Copper: 3.58mg (179.2%), Vitamin B6: 3.5mg (175.05%), Fiber: 41.01g (164.04%), Vitamin D: 23.54µg (156.94%), Vitamin B5: 14.72mg (147.19%), Vitamin K: 143.87µg (137.02%), Vitamin E: 17.17mg (114.49%), Vitamin C: 75.46mg (91.46%)