



## Quick-and-Easy Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounces elbow macaroni cooked
- 10.8 ounce cream of mushroom soup undiluted canned
- 0.5 cup mayonnaise
- 0.5 cup milk
- 8 ounce sharp cheddar cheese shredded

### Equipment

- oven
- baking pan

## Directions

- Stir together all ingredients in a lightly greased 2 1/2-quart baking dish.
- Bake at 375 for 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.44, Glycemic Load:6.12, Inflammation Score:-4, Nutrition Score:9.874347842258%

## Nutrients (% of daily need)

Calories: 384.06kcal (19.2%), Fat: 29.04g (44.67%), Saturated Fat: 10.5g (65.6%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 15.5g (5.64%), Sugar: 1.42g (1.58%), Cholesterol: 50.62mg (16.87%), Sodium: 733.97mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Selenium: 21.49µg (30.7%), Vitamin K: 31.39µg (29.9%), Calcium: 298.42mg (29.84%), Phosphorus: 234.23mg (23.42%), Zinc: 2.25mg (15%), Manganese: 0.28mg (14%), Vitamin B2: 0.24mg (13.9%), Vitamin B12: 0.61µg (10.24%), Vitamin A: 423.82IU (8.48%), Copper: 0.16mg (7.78%), Vitamin E: 0.93mg (6.19%), Magnesium: 23.19mg (5.8%), Potassium: 143.97mg (4.11%), Vitamin B5: 0.4mg (4.03%), Vitamin B6: 0.08mg (3.94%), Folate: 15.07µg (3.77%), Iron: 0.64mg (3.58%), Vitamin D: 0.49µg (3.25%), Vitamin B3: 0.65mg (3.25%), Fiber: 0.78g (3.13%), Vitamin B1: 0.04mg (2.8%)