



## Quick Macaroni and Cheese

READY IN



30 min.

SERVINGS



2

CALORIES



1603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup elbow macaroni
- 0.1 teaspoon ground pepper black
- 20 ounce deluxe four-cheese macaroni and cheese dinner frozen
- 0.3 cup milk
- 3 tablespoons parmesan cheese grated
- 1.5 cups cheddar cheese shredded

### Equipment

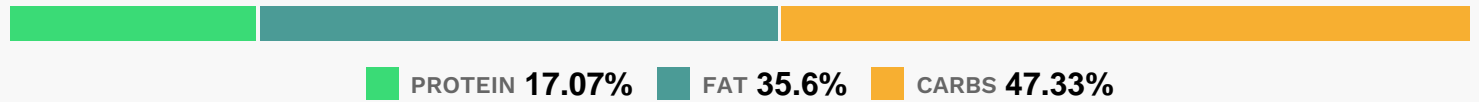
- oven

- pot
- broiler
- microwave

## Directions

- Preheat oven broiler. Grease a 1 1/2 quart microwave safe dish.
- 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.
- Microwave frozen mac and cheese according to package directions.
- Stir together macaroni, mac and cheese, milk and pepper in prepared dish.
- Mix well. Microwave on high 2 minutes, until heated through.
- Sprinkle with Cheddar and Parmesan and place under oven broiler. Broil until cheese is melted and beginning to brown, 2 to 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:80.5, Glycemic Load:85.77, Inflammation Score:-8, Nutrition Score:30.347826035126%

## Nutrients (% of daily need)

Calories: 1602.54kcal (80.13%), Fat: 63.2g (97.23%), Saturated Fat: 18.2g (113.73%), Carbohydrates: 189.05g (63.02%), Net Carbohydrates: 186.78g (67.92%), Sugar: 3.62g (4.02%), Cholesterol: 94.93mg (31.65%), Sodium: 2872.9mg (124.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.2g (136.39%), Phosphorus: 1707.47mg (170.75%), Calcium: 1129.32mg (112.93%), Selenium: 71.43µg (102.05%), Manganese: 2.01mg (100.32%), Zinc: 8.23mg (54.89%), Magnesium: 162.87mg (40.72%), Iron: 6.96mg (38.67%), Vitamin B2: 0.48mg (28.47%), Potassium: 841.05mg (24.03%), Vitamin B12: 1.16µg (19.4%), Vitamin A: 964.16IU (19.28%), Copper: 0.24mg (11.76%), Vitamin B6: 0.18mg (9.15%), Fiber: 2.27g (9.09%), Vitamin B5: 0.79mg (7.92%), Folate: 30.87µg (7.72%), Vitamin B1: 0.11mg (7.12%), Vitamin B3: 1.27mg (6.37%), Vitamin D: 0.88µg (5.88%), Vitamin E: 0.77mg (5.12%), Vitamin K: 2.53µg (2.41%)