



Reduced Fat Creamy Macaroni and Cheese

READY IN



45 min.

SERVINGS



2

CALORIES



571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 laughing cow creamy swiss wedges light
- ☐ 0.5 cup milk fat free
- ☐ 1 tsp ground mustard
- ☐ 2 cups shell pasta
- ☐ 0.8 cup cheddar cheese shredded

Equipment

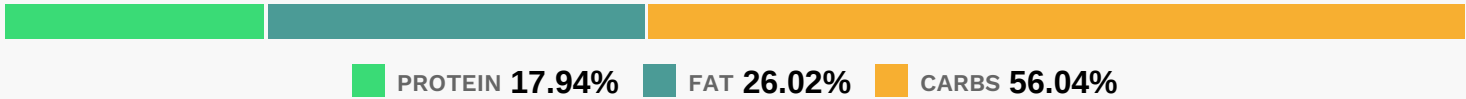
- ☐ sauce pan

stove

Directions

Bring saucepan to a boil and cook pasta. When finished, drain out water and place pasta back into saucepan. Keeping stove on low heat, add in the shredded cheese, wedges, milk, mustard powder and cayenne pepper. Stir with spoon until cheese is melted and the rest and milk is evaporated.

Nutrition Facts



Properties

Glycemic Index:87.63, Glycemic Load:31.36, Inflammation Score:-6, Nutrition Score:18.448260846993%

Nutrients (% of daily need)

Calories: 571.11kcal (28.56%), Fat: 16.34g (25.14%), Saturated Fat: 8.47g (52.91%), Carbohydrates: 79.22g (26.41%), Net Carbohydrates: 75.82g (27.57%), Sugar: 6.01g (6.68%), Cholesterol: 44.21mg (14.74%), Sodium: 308.43mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.72%), Selenium: 78.53µg (112.18%), Manganese: 0.95mg (47.67%), Phosphorus: 458.6mg (45.86%), Calcium: 404.42mg (40.44%), Zinc: 3.32mg (22.1%), Vitamin B2: 0.33mg (19.45%), Magnesium: 76.1mg (19.02%), Copper: 0.31mg (15.68%), Fiber: 3.4g (13.6%), Vitamin B12: 0.8µg (13.41%), Vitamin A: 570.81IU (11.42%), Vitamin B6: 0.21mg (10.65%), Potassium: 369.08mg (10.55%), Vitamin B1: 0.15mg (9.79%), Vitamin B3: 1.85mg (9.25%), Vitamin B5: 0.84mg (8.37%), Iron: 1.49mg (8.27%), Folate: 31.88µg (7.97%), Vitamin D: 0.93µg (6.19%), Vitamin E: 0.5mg (3.31%), Vitamin K: 1.23µg (1.17%)