

## Restaurant Style Mac and Cheese

READY IN



25 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons cup heavy whipping cream
- 1.5 cups .5 oz. macaroni
- 6 ounces processed cheese food shredded
- 4 servings salt to taste
- 0.5 cup cheddar cheese shredded

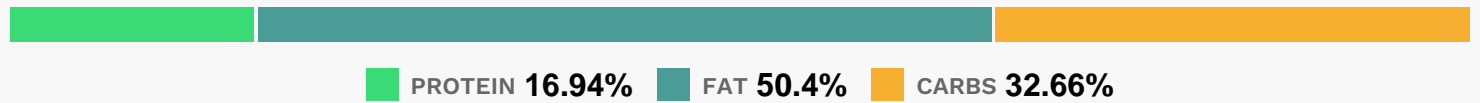
### Equipment

- pot

## Directions

- 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.
- Return drained pasta to the pot.
- Mix in processed cheese, Cheddar cheese, and cream. Stir until cheeses melt.
- Sprinkle with salt.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:12.187391091462%

## Nutrients (% of daily need)

Calories: 386.98kcal (19.35%), Fat: 21.62g (33.27%), Saturated Fat: 12.22g (76.4%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 30.27g (11.01%), Sugar: 2.28g (2.53%), Cholesterol: 65.12mg (21.71%), Sodium: 1001.14mg (43.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Calcium: 557.58mg (55.76%), Selenium: 37.7µg (53.85%), Phosphorus: 416.04mg (41.6%), Manganese: 0.38mg (19.02%), Zinc: 2.15mg (14.34%), Vitamin B12: 0.8µg (13.33%), Vitamin A: 653.64IU (13.07%), Vitamin B2: 0.2mg (11.74%), Magnesium: 36.27mg (9.07%), Copper: 0.14mg (6.95%), Fiber: 1.26g (5.04%), Potassium: 161.98mg (4.63%), Vitamin B6: 0.09mg (4.56%), Iron: 0.81mg (4.51%), Vitamin B5: 0.42mg (4.19%), Vitamin E: 0.56mg (3.72%), Vitamin B3: 0.71mg (3.57%), Folate: 13.76µg (3.44%), Vitamin B1: 0.05mg (3.16%), Vitamin D: 0.46µg (3.07%), Vitamin K: 1.72µg (1.64%)