



Rice Cooker Mac and Cheese

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces elbow macaroni
- ☐ 1.3 cups can evaporated milk canned
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.8 cup processed cheese product such as velveeta 6 ounces cubed
- ☐ 0.8 cup cheddar shredded

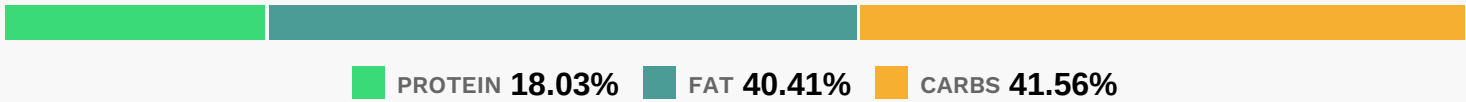
Equipment

☐ rice cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the macaroni, salt and 2 cups water in a rice cooker. Set the rice cooker on the standard white rice cycle and cook for 30 minutes, or until the cooking cycle is almost complete and most of the water is absorbed.
- ☐ Stir in the milk, Cheddar, processed cheese product, mustard and black pepper. Close the lid, turn the cooker to the warm setting, and let cook, stirring occasionally so the bottom doesn't burn, until the cheese is melted and the milk is well incorporated, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:16.733913219493%

Nutrients (% of daily need)

Calories: 502.4kcal (25.12%), Fat: 22.46g (34.55%), Saturated Fat: 12.59g (78.68%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 50.05g (18.2%), Sugar: 10.1g (11.22%), Cholesterol: 70.28mg (23.42%), Sodium: 1245.53mg (54.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.09%), Selenium: 49.48µg (70.68%), Calcium: 643.68mg (64.37%), Phosphorus: 534.79mg (53.48%), Manganese: 0.58mg (28.85%), Vitamin B2: 0.44mg (25.81%), Zinc: 2.86mg (19.04%), Magnesium: 62.86mg (15.72%), Vitamin A: 650.02IU (13%), Vitamin B12: 0.74µg (12.41%), Potassium: 421.3mg (12.04%), Copper: 0.2mg (10.05%), Vitamin B5: 0.95mg (9.46%), Fiber: 1.91g (7.63%), Vitamin B6: 0.15mg (7.52%), Vitamin B1: 0.1mg (6.69%), Iron: 1.14mg (6.32%), Folate: 23.5µg (5.88%), Vitamin B3: 1.16mg (5.81%), Vitamin E: 0.57mg (3.82%), Vitamin D: 0.36µg (2.42%), Vitamin K: 2.14µg (2.04%), Vitamin C: 1.51mg (1.84%)