



## Skillet Mac & Cheese

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



893 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounces elbow macaroni such as elbow macaroni, cavatappi or shells uncooked
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1.5 cups cup heavy whipping cream
- 0.8 pound processed cheese food cubed (Velveeta)

### Equipment

- frying pan
- whisk

## Directions

- Cook pasta according to package directions; drain.
- Meanwhile, in a large cast-iron or other heavy skillet, melt butter over medium heat. Stir in flour until smooth; gradually whisk in cream. Bring to a boil, stirring constantly. Cook and stir until thickened, about 2 minutes. Reduce heat; stir in cheese until melted.
- Add macaroni; cook and stir until heated through. Top as desired.

## Nutrition Facts

**PROTEIN 11.48%** **FAT 65.89%** **CARBS 22.63%**

## Properties

Glycemic Index:38, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:22.274348087933%

## Nutrients (% of daily need)

Calories: 893.17kcal (44.66%), Fat: 65.83g (101.27%), Saturated Fat: 39.65g (247.78%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 48.97g (17.81%), Sugar: 6.06g (6.73%), Cholesterol: 200.95mg (66.98%), Sodium: 1493.75mg (64.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.59%), Calcium: 961.81mg (96.18%), Selenium: 57.03µg (81.47%), Phosphorus: 709.82mg (70.98%), Vitamin A: 2290.61IU (45.81%), Manganese: 0.58mg (29.06%), Vitamin B2: 0.42mg (24.81%), Vitamin B12: 1.43µg (23.84%), Zinc: 3.16mg (21.09%), Magnesium: 59.38mg (14.84%), Vitamin D: 1.94µg (12.92%), Vitamin E: 1.73mg (11.52%), Copper: 0.22mg (10.91%), Potassium: 329.18mg (9.41%), Iron: 1.54mg (8.54%), Vitamin B5: 0.84mg (8.39%), Vitamin B6: 0.16mg (7.98%), Fiber: 1.92g (7.66%), Vitamin B1: 0.11mg (7.43%), Folate: 27.65µg (6.91%), Vitamin B3: 1.31mg (6.55%), Vitamin K: 5.63µg (5.36%)