



WHATSheATE



Slow Cooker Macaroni and Cheese II

READY IN



280 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3.5 cups cheddar cheese cubed
- ☐ 1 eggs beaten
- ☐ 2 cups evaporated milk
- ☐ 8 ounce macaroni
- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon salt

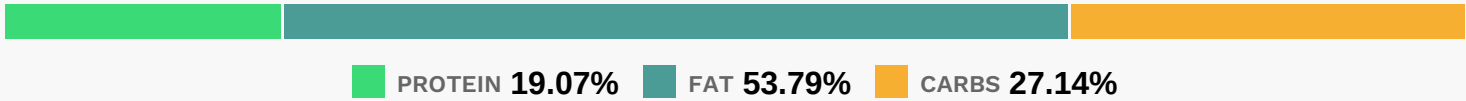
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Combine in slow cooker: evaporated milk, paprika, salt, egg, butter and cheese; stir. Cook on high for 1 hour.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add macaroni and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Stir cooked macaroni into cheese sauce, reduce temperature to low and cook for 3 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:13.207391370898%

Nutrients (% of daily need)

Calories: 425.24kcal (21.26%), Fat: 25.38g (39.04%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 27.86g (10.13%), Sugar: 7.28g (8.09%), Cholesterol: 95.69mg (31.9%), Sodium: 712.89mg (31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Calcium: 524.29mg (52.43%), Selenium: 35.09µg (50.13%), Phosphorus: 420.02mg (42%), Vitamin B2: 0.46mg (27.17%), Zinc: 2.78mg (18.53%), Vitamin A: 824.67IU (16.49%), Manganese: 0.27mg (13.65%), Vitamin B12: 0.68µg (11.33%), Magnesium: 44.45mg (11.11%), Potassium: 303.52mg (8.67%), Vitamin B5: 0.82mg (8.2%), Vitamin B6: 0.12mg (5.9%), Folate: 23.28µg (5.82%), Copper: 0.11mg (5.67%), Vitamin B1: 0.07mg (4.82%), Vitamin E: 0.68mg (4.52%), Iron: 0.69mg (3.85%), Fiber: 0.95g (3.8%), Vitamin B3: 0.65mg (3.24%), Vitamin D: 0.47µg (3.13%), Vitamin K: 1.95µg (1.86%), Vitamin C: 1.2mg (1.45%)