



Slow Cooker Macaroni and Cheese with Broccoli

 Vegetarian

READY IN



250 min.

SERVINGS



10

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce broccoli frozen thawed chopped
- 16 ounce elbow macaroni uncooked
- 24 fluid ounce evaporated milk canned
- 10 servings pepper black to taste
- 3 cups milk
- 4 cups cheddar cheese shredded
- 1 tablespoon vegetable oil

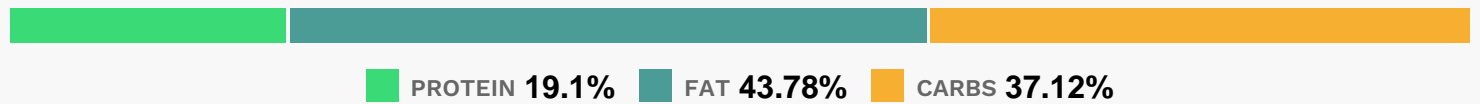
Equipment

slow cooker

Directions

- Spray the inside of slow cooker with cooking spray.
- Stir uncooked macaroni and vegetable oil together in the slow cooker until pasta is coated.
- Stir Cheddar cheese, evaporated milk, milk, broccoli, salt, and black pepper with macaroni until fully combined.
- Cover the cooker and cook on Low until macaroni is tender and the sauce is bubbling, 2 1/2 to 3 hours, stirring often to reduce sticking.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:22.438695617344%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 518.19kcal (25.91%), Fat: 25.27g (38.88%), Saturated Fat: 13.68g (85.49%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 45.71g (16.62%), Sugar: 12.68g (14.09%), Cholesterol: 74.56mg (24.85%), Sodium: 414.49mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Selenium: 45.48µg (64.97%), Calcium: 623.45mg (62.34%), Phosphorus: 537.09mg (53.71%), Vitamin C: 36.75mg (44.55%), Vitamin K: 44.92µg (42.78%), Vitamin B2: 0.6mg (35.2%), Manganese: 0.52mg (26.19%), Zinc: 3.31mg (22.06%), Vitamin A: 988.91IU (19.78%), Magnesium: 70.57mg (17.64%), Potassium: 587.54mg (16.79%), Vitamin B12: 0.99µg (16.47%), Vitamin B5: 1.34mg (13.37%), Vitamin B6: 0.25mg (12.27%), Folate: 48.36µg (12.09%), Vitamin B1: 0.16mg (10.44%), Fiber: 2.51g (10.03%), Copper: 0.18mg (8.94%), Vitamin D: 1.15µg (7.65%), Vitamin E: 0.96mg (6.41%), Vitamin B3: 1.26mg (6.32%), Iron: 1.1mg (6.09%)