



Southern Baked Macaroni and Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz elbow macaroni uncooked
- ☐ 3 eggs beaten
- ☐ 10 oz sharp cheddar cheese shredded extra-sharp
- ☐ 2.3 cups milk
- ☐ 1 serving salt and pepper to taste

Equipment

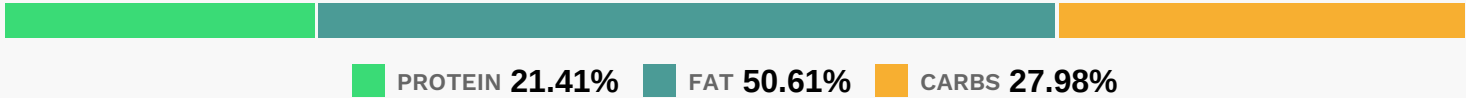
- ☐ sauce pan
- ☐ oven

- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Heat oven to 350°F. In Dutch oven or 3–quart saucepan, cook and drain macaroni as directed on package.
- ☐ In 9–inch square baking dish, mix cooked macaroni, beaten eggs and shredded cheese.
- ☐ Add milk, salt and pepper; mix well.
- ☐ Bake 45 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:10.472608664761%

Nutrients (% of daily need)

Calories: 288.24kcal (14.41%), Fat: 16.13g (24.82%), Saturated Fat: 8.66g (54.1%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 19.38g (7.05%), Sugar: 4.05g (4.5%), Cholesterol: 105.05mg (35.02%), Sodium: 306.76mg (13.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Selenium: 29.84µg (42.62%), Calcium: 348.67mg (34.87%), Phosphorus: 304.47mg (30.45%), Vitamin B2: 0.34mg (19.95%), Vitamin B12: 0.89µg (14.88%), Zinc: 2.09mg (13.96%), Vitamin A: 555.35IU (11.11%), Manganese: 0.21mg (10.3%), Vitamin D: 1.3µg (8.65%), Magnesium: 31.05mg (7.76%), Vitamin B5: 0.75mg (7.47%), Vitamin B6: 0.12mg (6.23%), Potassium: 200.41mg (5.73%), Vitamin B1: 0.07mg (4.96%), Folate: 19.02µg (4.76%), Copper: 0.09mg (4.29%), Iron: 0.62mg (3.46%), Vitamin E: 0.5mg (3.31%), Fiber: 0.68g (2.72%), Vitamin B3: 0.46mg (2.32%), Vitamin K: 1.13µg (1.07%)