



The Lady's Cheesy Mac

 Vegetarian

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

346 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter cut into pieces
- ☐ 2 cups cheddar cheese grated
- ☐ 4 cups elbow macaroni cooked drained
- ☐ 3 eggs beaten
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

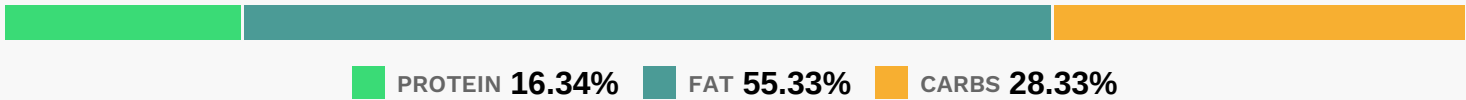
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Once you have the macaroni cooked and drained, place in a large bowl and while still hot and add the cheddar. In a separate bowl, combine the remaining ingredients and add to the macaroni mixture.
- ☐ Pour macaroni mixture into a casserole dish and bake for 30 to 45 minutes. Top with additional cheese if desired.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:10.83, Inflammation Score:-5, Nutrition Score:9.5917392256467%

Nutrients (% of daily need)

Calories: 346.41kcal (17.32%), Fat: 21.27g (32.72%), Saturated Fat: 11.68g (73.01%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 23.24g (8.45%), Sugar: 2.51g (2.79%), Cholesterol: 116.82mg (38.94%), Sodium: 415.28mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Selenium: 32.72µg (46.75%), Calcium: 267.67mg (26.77%), Phosphorus: 246.07mg (24.61%), Vitamin B2: 0.28mg (16.62%), Vitamin A: 686.06IU (13.72%), Zinc: 1.79mg (11.91%), Manganese: 0.24mg (11.8%), Vitamin B12: 0.65µg (10.88%), Magnesium: 27.45mg (6.86%), Vitamin B5: 0.62mg (6.18%), Vitamin D: 0.83µg (5.57%), Vitamin B6: 0.11mg (5.33%), Fiber: 1.26g (5.04%), Folate: 19.66µg (4.91%), Copper: 0.09mg (4.71%), Vitamin E: 0.66mg (4.4%), Potassium: 140.75mg (4.02%), Iron: 0.7mg (3.87%), Vitamin B1: 0.05mg (3.27%), Vitamin B3: 0.36mg (1.78%), Vitamin K: 1.52µg (1.45%)