



Zesty Macaroni & Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 oz condensed cream of cheddar cheese soup canned
- ☐ 16 oz elbow macaroni cooked
- ☐ 1 cup onion minced
- ☐ 8 oz pepper jack cheese cubed
- ☐ 16 oz pasteurized processed cheese cubed

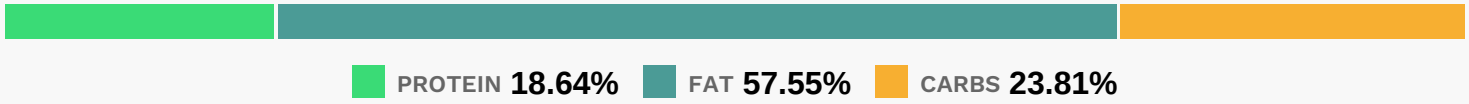
Equipment

- ☐ slow cooker

Directions

- ☐
- Place macaroni and cheeses into a slow cooker.
- ☐
- Add soup and stir until coated well; add onion. Cover and cook on low setting for 5 to 6 hours, or on high setting for 2 hours. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:9.21, Inflammation Score:-7, Nutrition Score:14.404347497484%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 471.09kcal (23.55%), Fat: 30.02g (46.18%), Saturated Fat: 16.9g (105.65%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 26.01g (9.46%), Sugar: 3.73g (4.14%), Cholesterol: 84.77mg (28.26%), Sodium: 1490.28mg (64.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.75%), Calcium: 835.24mg (83.52%), Phosphorus: 528mg (52.8%), Selenium: 30.63µg (43.76%), Vitamin A: 1039.84IU (20.8%), Vitamin B12: 1.09µg (18.1%), Zinc: 2.59mg (17.24%), Vitamin B2: 0.26mg (15.29%), Potassium: 472.3mg (13.49%), Manganese: 0.23mg (11.74%), Magnesium: 34.6mg (8.65%), Fiber: 1.93g (7.71%), Vitamin B6: 0.1mg (5.24%), Copper: 0.1mg (4.98%), Iron: 0.89mg (4.93%), Folate: 17.41µg (4.35%), Vitamin E: 0.57mg (3.77%), Vitamin B5: 0.38mg (3.76%), Vitamin D: 0.51µg (3.4%), Vitamin B1: 0.03mg (2.22%), Vitamin K: 2.26µg (2.16%), Vitamin C: 1.48mg (1.79%), Vitamin B3: 0.32mg (1.6%)