



Healthdor

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Kid's Mac & Cheese ♦♦

A classic macaroni and cheese recipe that is perfect for kids. It's creamy, cheesy, and delicious!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	macaroni
200 g	cheddar cheese
250 ml	Milk
50 g	Butter
1 tsp	Salt
0.5 tsp	Pepper

Directions

Step 1

Boiling

Cook the macaroni according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stove

In a saucepan, melt the butter over medium heat. Add the milk and heat until warm.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add the cheddar cheese to the saucepan and stir until melted and smooth.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Combine the cooked macaroni with the cheese sauce and mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Demographics

Kids Friendly

Kitchen Tools

Slow Cooker

Blender

Course

Snacks

Side Dishes

Desserts

Breads

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Cultural

Chinese New Year

Diwali

Hanukkah

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Meal Type

Breakfast

Difficulty Level

Easy

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