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Curly Mac 'n' Cheese ♦

A classic and comforting dish loved by kids and adults alike. This mac 'n' cheese recipe features curly pasta and a creamy cheese sauce that will satisfy even the pickiest eaters.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	curly pasta
200 g	Cheddar Cheese
250 ml	milk
50 g	Butter
50 g	Flour
1 tsp	Salt

0.5 tsp Pepper

Directions

Step 1

Boiling

Cook the curly pasta according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

In a saucepan, melt the butter over medium heat. Add the flour and cook for 1 minute, stirring constantly.

Prep Time: 5 mins

Cook Time: 1 mins

Step 3

Stove

Gradually whisk in the milk, salt, and pepper. Cook until the sauce thickens, about 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Remove the saucepan from heat and stir in the grated cheddar cheese until melted and smooth.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Stirring

Add the cooked pasta to the cheese sauce and stir until well coated.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 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	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	25 mg	2.5%	2.5%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Low Fat

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Course

Breads

Side Dishes

Snacks

Appetizers

Main Dishes

Drinks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Oktoberfest

Meal Type

Breakfast

Brunch

Snack

Difficulty Level

Easy

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