



Healthdor

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Kids Mac 'n Cheese ^{♦♦}

Kids Mac 'n Cheese is a classic comfort food loved by children. It is a creamy and cheesy pasta dish that is perfect for lunch or dinner. This recipe is not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 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: 5 mins

Cook Time: 10 mins

Step 2

Stove

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

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

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

Prep Time: 1 mins

Cook Time: 3 mins

Step 4

Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

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

Prep Time: 2 mins

Cook Time: 1 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	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	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	300 iu	33.33%	42.86%
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	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	300 mg	30%	30%
Iron	2 mg	25%	11.11%
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

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Course

Main Dishes

Side Dishes

Snacks

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Senior Friendly

Allergy Friendly

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

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