

Baked Macaroni and Cheese

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-baked-macaroni-and-cheese-recipe>

Ingredients:

- 2 1/2 cups macaroni uncooked
- 2 1/2 tablespoons flour
- 1 1/4 teaspoons salt
- pepper to taste, I use about a teaspoon
- 4 tablespoons margarine
- 3 cups shredded cheddar cheese
- 1 cup milk

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 95 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 33 grams
7. SaturatedFat: 21 grams
8. Sodium: 1400 milligrams
9. Sugar: 7 grams
10. TransFat: 2 grams

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