

## CDC Recipes: Renal-Friendly Macaroni & Cheese



### Preparation

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1. Boil water, add noodles, cook about 5-7 minutes till tender.
2. Drain.
3. While still very hot, sprinkle with cheese, stir in butter and mustard.

### Optional

4. Bake at 350 for ten to fifteen minutes or until top is golden brown for an extra yummy crunch.

### Recipe Disclaimer

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This recipe has been borrowed from the Northwest Kidney Centers at [www.nwkidney.org](http://www.nwkidney.org). Due to variations in ingredients, the nutritional values outlined in this recipe should be used as a guideline only. Please be sure to consult with your renal care provider before making any significant changes to your diet.

### Ingredients

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- 2 cups noodles (any shape you want)
- 2 to 3 cups boiling water
- ½ cup grated cheddar cheese
- 1 teaspoon margarine or salt free butter
- ¼ teaspoon dried mustard

### Details

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#### Yield

4 servings

- Calories: 163
- Sodium: 114 mg
- Protein: 6 g
- Potassium: 39 mg
- Fat: 7 g
- Calcium: 120 mg
- Carbohydrates: 20 g
- Phosphorus: 138 mg
- Fiber: 3 g
- Cholesterol: 7 mg