



2-Ingredient Cheesy Mac



Entire recipe: 89 calories, 4g total fat (2g sat fat), 703mg sodium, 11.5g carbs, 4g fiber, 4.5g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

2 tbsp. [Anthony's Cheddar Cheese Powder](#) (or alternative below)
1 package House Foods Tofu Shirataki noodles (any shape)

Seasonings:

1/4 tsp. garlic powder
Dash salt

Directions

In a small bowl, combine cheese powder with 1 tbsp. + 1 tsp. water. Mix until smooth and uniform.

Use a strainer to rinse and drain noodles. Thoroughly pat dry. If needed, roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir noodles until moisture has evaporated and noodles are hot, 1 - 2 minutes.

Add cheese sauce, garlic powder, and salt. Cook and stir until sauce has coated noodles and entire mixture is hot, about 2 minutes.

MAKES 1 SERVING

HG Tip: Use regular shirataki noodles to save even more calories!

HG Alternative: Anthony's Cheddar Cheese Powder is ridiculously amazing! If it's currently unavailable on Amazon, sign up for an email alert from Amazon for when it's back in stock. Or try [this version by Hoosier Hill Farm!](#)

FYI: As an Amazon Associate, we may receive compensation from some of these links.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.