



## Alpine Macaroni

READY IN



50 min.

SERVINGS



6

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 12 ounce elbow macaroni uncooked
- 1 clove garlic minced
- 0.5 cup gruyère cheese shredded
- 0.8 cup heavy cream
- 2 large onions peeled sliced
- 3 potatoes scrubbed
- 6 servings salt and pepper to taste

## Equipment

- frying pan
- oven
- pot
- baking pan

## Directions

- Place the potatoes in a large pot and fill with enough water to cover them. Bring to a boil and cook until tender enough to pierce with a fork.
- Drain and cool slightly, then remove the peels, and slice into 1/4 inch thick slices.
- Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a 9x9 inch baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook until barely tender, about 6 minutes.
- Drain and set aside.
- Melt the butter in a large skillet over medium-high heat.
- Add onion; cook and stir until onion starts to turn translucent. Stir in the garlic, and cook for a few more minutes.
- Remove from the heat and set aside.
- Layer the macaroni, onions and potatoes into the prepared baking dish. Season with salt and pepper.
- Sprinkle the shredded Gruyere cheese over the top, and drizzle cream evenly over the entire dish.
- Bake in the preheated oven until the top is golden brown, 15 to 20 minutes.

## Nutrition Facts



**PROTEIN 11.53%** **FAT 34.66%** **CARBS 53.81%**

## Properties

Glycemic Index:31.79, Glycemic Load:14.7, Inflammation Score:-7, Nutrition Score:15.731304199799%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

## Nutrients (% of daily need)

Calories: 493.14kcal (24.66%), Fat: 19.08g (29.36%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 61.65g (22.42%), Sugar: 5.38g (5.98%), Cholesterol: 55.75mg (18.58%), Sodium: 322.25mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Selenium: 39.01µg (55.73%), Manganese: 0.76mg (37.92%), Vitamin C: 25.01mg (30.32%), Phosphorus: 268.06mg (26.81%), Vitamin B6: 0.48mg (24.02%), Fiber: 5.02g (20.07%), Potassium: 688.14mg (19.66%), Calcium: 169.07mg (16.91%), Magnesium: 65.81mg (16.45%), Copper: 0.31mg (15.34%), Vitamin A: 661.4IU (13.23%), Vitamin B1: 0.17mg (11.53%), Zinc: 1.7mg (11.36%), Vitamin B3: 2.18mg (10.9%), Vitamin B2: 0.17mg (10.02%), Folate: 39.19µg (9.8%), Iron: 1.73mg (9.62%), Vitamin B5: 0.77mg (7.67%), Vitamin B12: 0.23µg (3.86%), Vitamin K: 3.86µg (3.68%), Vitamin D: 0.54µg (3.61%), Vitamin E: 0.5mg (3.31%)