



Baked Mac and Cheese

READY IN

ready

130 min.

SERVINGS

servings

10

CALORIES

calories

398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces butter
- ☐ 6 ounces cheddar smoked grated
- ☐ 1 cup chicken stock see
- ☐ 1 pound macaroni cooked
- ☐ 1 large eggs
- ☐ 3 ounces flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 cups half-and-half
- ☐ 10 servings kosher salt

- ☐ 3 ounces mascarpone cheese
- ☐ 0.5 medium onion chopped
- ☐ 4 ounces panko bread crumbs
- ☐ 0.3 cup freshly parsley leaves chopped

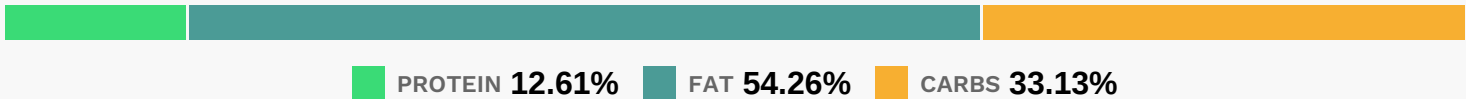
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ casserole dish
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a medium saucepan, melt butter, add onion and garlic and sweat over medium heat for 3 minutes with a pinch of salt until vegetables are translucent and aromatic.
- ☐ Add flour and stir with wooden spoon until the flour is completely incorporated with the vegetables, cooking for about 2 minutes.
- ☐ Add the chicken stock 1/3 cup at a time, stirring vigorously to ensure no lumps form. Bring to boil and reduce to medium-low heat and simmer for 40 minutes.
- ☐ Remove pan from heat and whisk in the half-and-half, Cheddar, mascarpone, and egg. Toss sauce with macaroni and place in a 2-quart casserole pan.
- ☐ Mix bread crumbs and parsley in a small mixing bowl and sprinkle on top of pasta.
- ☐ Bake at 350 for 15 minutes, or until bread crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:11.51, Inflammation Score:-6, Nutrition Score:11.256521821022%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 398.45kcal (19.92%), Fat: 23.96g (36.87%), Saturated Fat: 13.89g (86.8%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 31.21g (11.35%), Sugar: 3.69g (4.1%), Cholesterol: 80.06mg (26.69%), Sodium: 520.08mg (22.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Selenium: 26.3µg (37.57%), Vitamin K: 27.1µg (25.81%), Calcium: 218.72mg (21.87%), Phosphorus: 199.43mg (19.94%), Vitamin B2: 0.32mg (18.54%), Vitamin A: 827.59IU (16.55%), Manganese: 0.33mg (16.34%), Vitamin B1: 0.22mg (14.68%), Folate: 43.04µg (10.76%), Vitamin B3: 1.91mg (9.56%), Zinc: 1.4mg (9.36%), Iron: 1.47mg (8.17%), Magnesium: 27.45mg (6.86%), Fiber: 1.71g (6.82%), Vitamin B12: 0.37µg (6.18%), Copper: 0.12mg (5.92%), Vitamin B6: 0.11mg (5.53%), Potassium: 179.99mg (5.14%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.56mg (3.73%), Vitamin C: 2.98mg (3.61%), Vitamin D: 0.2µg (1.35%)