



Baked Macaroni and Cheese

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 8 servings pepper fresh black
- ☐ 3 tablespoons butter
- ☐ 1 large eggs
- ☐ 0.5 pound elbow macaroni
- ☐ 3 tablespoons flour
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups milk

- ☐ 1 tablespoon powdered mustard
- ☐ 1 cup panko bread crumbs
- ☐ 0.5 teaspoon paprika
- ☐ 12 ounces sharp cheddar shredded
- ☐ 0.5 cup onion diced yellow finely

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large pot of boiling, salted water cook the pasta to al dente.
- ☐ While the pasta is cooking, in a separate pot, melt the butter.
- ☐ Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.
- ☐ Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.
- ☐ Melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs.
- ☐ Bake for 30 minutes.
- ☐ Remove from oven and rest for five minutes before serving.
- ☐ Remember to save leftovers for fried Macaroni and Cheese.

Nutrition Facts



 **PROTEIN 17.82%**  **FAT 49.05%**  **CARBS 33.13%**

Properties

Glycemic Index:37, Glycemic Load:3.69, Inflammation Score:-6, Nutrition Score:14.300434783749%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 425.8kcal (21.29%), Fat: 23.19g (35.67%), Saturated Fat: 12.95g (80.92%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 33.6g (12.22%), Sugar: 6.26g (6.96%), Cholesterol: 88.04mg (29.35%), Sodium: 723.99mg (31.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.9%), Selenium: 37.21µg (53.15%), Calcium: 442.55mg (44.25%), Phosphorus: 375.29mg (37.53%), Vitamin B2: 0.41mg (24.18%), Manganese: 0.4mg (19.75%), Vitamin B12: 1.04µg (17.26%), Zinc: 2.59mg (17.24%), Vitamin A: 803.69IU (16.07%), Vitamin B1: 0.2mg (13.01%), Magnesium: 44.5mg (11.13%), Vitamin D: 1.39µg (9.24%), Vitamin B5: 0.82mg (8.17%), Vitamin B6: 0.16mg (8.15%), Folate: 32.43µg (8.11%), Potassium: 282.53mg (8.07%), Copper: 0.13mg (6.62%), Fiber: 1.64g (6.57%), Vitamin B3: 1.31mg (6.53%), Iron: 1.13mg (6.3%), Vitamin E: 0.64mg (4.25%), Vitamin K: 2.55µg (2.42%)