



Baked Macaroni and Cheese

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



967 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter melted plus more for baking dishes
- 0.3 cup breadcrumbs homemade store-bought
- 4 cups cheddar cheese white grated
- 1 serving salt and pepper
- 8 ounces elbow macaroni
- 1.3 cups milk whole
- 8 ounces cream cheese

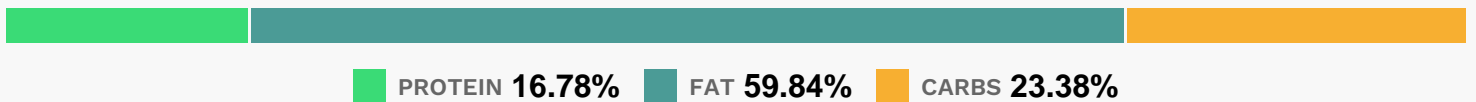
Equipment

- bowl
- sauce pan
- oven
- pot

Directions

- Preheat oven to 400 degrees. Butter four 14-ounce ovenproof dishes. In a small bowl, toss 1 tablespoon melted butter with breadcrumbs and 1/4 cup cheddar.
- In a large pot of boiling salted water, cook macaroni until al dente, according to package instructions; drain.
- In a large saucepan over medium heat, bring milk to a boil. Reduce heat to medium-low; add cream cheese, cut into cubes, stir until melted, 2 minutes. Gradually stir in remaining cheddar until melted, 5 minutes.
- Add cooked pasta, 1/4 teaspoon salt, and 1/8 teaspoon pepper; toss to combine.
- Divide the mixture among prepared dishes.
- Bake until bubbling, 10 minutes.
- Remove from the oven; sprinkle with the breadcrumb mixture.
- Bake until golden, 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:2.94, Inflammation Score:-8, Nutrition Score:26.235652239426%

Nutrients (% of daily need)

Calories: 967.35kcal (48.37%), Fat: 64.42g (99.1%), Saturated Fat: 36.6g (228.78%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 54.53g (19.83%), Sugar: 8.11g (9.01%), Cholesterol: 186.94mg (62.31%), Sodium: 1069.79mg (46.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.64g (81.28%), Selenium: 75.87µg (108.39%), Calcium: 972.82mg (97.28%), Phosphorus: 774.36mg (77.44%), Vitamin B2: 0.8mg (46.85%), Vitamin A: 2104.72IU (42.09%), Zinc: 5.64mg (37.63%), Manganese: 0.6mg (30.13%), Vitamin B12: 1.76µg (29.4%), Magnesium: 77.79mg (19.45%), Vitamin B1: 0.2mg (13.67%), Vitamin B5: 1.36mg (13.6%), Vitamin B6: 0.25mg (12.25%), Potassium: 416.75mg (11.91%), Folate: 46.37µg (11.59%), Copper: 0.23mg (11.47%), Vitamin E: 1.52mg (10.15%), Vitamin D: 1.52µg

(10.11%), Fiber: 2.12g (8.47%), Vitamin B3: 1.6mg (8.02%), Iron: 1.31mg (7.26%), Vitamin K: 4.88μg (4.65%)