



Baked Penne with Farmhouse Cheddar and Leeks

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



831 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.3 cup butter ()
- ☐ 4 cups cheddar cheese extra-sharp packed grated
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs
- ☐ 5 cups leeks white green chopped (and pale parts only; 5 large)
- ☐ 1 pound penne pasta

- ☐ 1 teaspoon pepper sauce hot
- ☐ 3.5 cups milk whole

Equipment

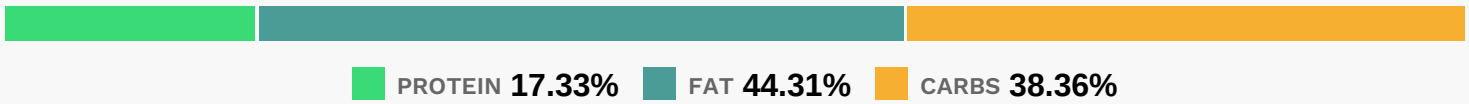
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Lightly butter 15x10x2-inch baking dish. Melt 1/4 cup butter in heavy large saucepan over medium heat.
- ☐ Add leeks; stir to coat. Cover saucepan and cook until leeks are tender, stirring occasionally, about 12 minutes (do not brown). Uncover saucepan; add flour. Stir 2 minutes.
- ☐ Add milk; bring to simmer, stirring often.
- ☐ Add cheese, mustard, and pepper sauce. Stir until cheese melts.
- ☐ Remove from heat. Season cheese sauce to taste with salt.
- ☐ Whisk eggs in medium bowl. Gradually whisk in 1 cup cheese sauce. Stir egg mixture into cheese sauce in saucepan.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain. Return to pot.
- ☐ Stir cheese sauce into pasta in pot.
- ☐ Transfer to prepared baking dish. do ahead
- ☐ Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 400°F.

- ☐ Bake pasta until cheese sauce is bubbling around edges and some ends of pasta are golden brown, 25 to 30 minutes.
- ☐ Let stand 15 minutes.
- ☐ Serve hot.
- ☐ Unlike classic mac and cheese, which is thickened by a roux (a flour and butter mixture), this one uses eggs to make a rich, gooey custard. But be careful when adding the hot cheese sauce to the eggs; you'll need to whisk the sauce in slowly so that the eggs don't curdle.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:31.54, Inflammation Score:-9, Nutrition Score:31.201738813649%

Flavonoids

Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 830.68kcal (41.53%), Fat: 40.93g (62.96%), Saturated Fat: 22.75g (142.18%), Carbohydrates: 79.71g (26.57%), Net Carbohydrates: 75.71g (27.53%), Sugar: 12.13g (13.48%), Cholesterol: 174.75mg (58.25%), Sodium: 695.84mg (30.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.04%), Selenium: 80.37µg (114.82%), Calcium: 781.32mg (78.13%), Phosphorus: 701.29mg (70.13%), Manganese: 1.11mg (55.71%), Vitamin A: 2551IU (51.02%), Vitamin B2: 0.7mg (41.39%), Vitamin K: 37.95µg (36.14%), Zinc: 4.78mg (31.87%), Vitamin B12: 1.73µg (28.86%), Magnesium: 102.82mg (25.71%), Folate: 94.76µg (23.69%), Vitamin B6: 0.45mg (22.63%), Iron: 3.24mg (17.99%), Vitamin B1: 0.27mg (17.81%), Copper: 0.36mg (17.77%), Potassium: 609.14mg (17.4%), Fiber: 4g (16.02%), Vitamin B5: 1.57mg (15.69%), Vitamin D: 2.35µg (15.67%), Vitamin E: 1.81mg (12.06%), Vitamin C: 9.41mg (11.4%), Vitamin B3: 2.11mg (10.55%)