



Baked Smokin' Macaroni and Cheese

READY IN



60 min.

SERVINGS



8

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter melted
- 2 tablespoons butter
- 1.3 cups cornflakes crushed
- 3 ounces weight cream cheese fat-free softened
- 12 oz evaporated milk fat-free canned
- 3 cups skim milk fat-free
- 0.3 cup flour all-purpose
- 4 oz gouda cheese smoked shredded
- 0.3 teaspoon ground pepper red divided

- 1 pound soup noodles uncooked (corkscrew)
- 0.5 teaspoon salt
- 2 oz sharp cheddar cheese shredded 1.5% reduced-fat
- 8 oz ham smoked chopped

Equipment

- frying pan
- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 35
- Prepare cellentani pasta according to package directions.
- Meanwhile, melt 2 Tbsp. butter in a Dutch oven over medium heat. Gradually whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk and evaporated milk until smooth; cook, whisking constantly, 8 to 10 minutes or until slightly thickened.
- Whisk in Gouda cheese, next 3 ingredients, and 1/8 tsp. ground red pepper until smooth.
- Remove from heat, and stir in ham and pasta.
- Pour pasta mixture into a 13- x 9-inch baking dish coated with cooking spray. Stir together crushed cereal, 1 Tbsp. melted butter, and remaining 1/8 tsp. ground red pepper; sprinkle over pasta mixture.
- Bake at 350 for 30 minutes or until golden and bubbly.
- Let stand 5 minutes before serving.
- Note: We tested with Barilla Cellentani pasta and Cabot 5% Reduced Fat Sharp Cheddar Cheese.
- More Mac and Cheese, Please!
- Pepper Jack Macaroni and Cheese: Substitute 1 1/2 cups 5% reduced-fat pepper Jack cheese for Gouda and Cheddar cheeses. Omit ground red pepper, if desired. Stir 1 (5-oz.) can

chopped green chiles into pasta mixture.

Per serving (baked with topping): Calories 456; Fat 7g (sat 6g, mono 2g, poly 2g); Protein 6g; Carb 9g; Fiber 6g; Chol 44mg; Iron 3mg; Sodium 883mg; Calc 270mg

Sweet Pea-and-Prosciutto Macaroni and Cheese: Omit ham.

Saute 2 oz. thin prosciutto slices, cut into thin strips, in a small skillet over medium-high heat 2 minutes or until slightly browned. Stir prosciutto and 1 cup frozen sweet peas, thawed, into pasta mixture.

Per serving (baked with topping): Calories 449; Fat 2g (sat 6g, mono 3g, poly 3g); Protein 9g; Carb 6g; Fiber 9g; Chol 39mg; Iron 3mg; Sodium 688mg; Calc 402mg

Pimiento Macaroni and Cheese: Substitute 1 1/2 cups 2% reduced-fat sharp Cheddar cheese for Gouda and Cheddar cheeses. Stir 1 (4-oz.) jar diced pimiento, drained, into pasta mixture.

Per serving (baked with topping): Calories 440; Fat 5g (sat 8g, mono 2g, poly 2g); Protein 4g; Carb 8g; Fiber 4g; Chol 40mg; Iron 2mg; Sodium 817mg; Calc 400mg

Ham-and-Broccoli Macaroni and Cheese: Stir 1 1/2 cups frozen broccoli florets, thawed and coarsely chopped, into pasta mixture.

Per serving (baked with topping): Calories 459; Fat 1g (sat 8g, mono 3g, poly 3g); Protein 27g; Carb 7g; Fiber 5g; Chol 48mg; Iron 3mg; Sodium 850mg; Calc 402mg

Nutrition Facts

 **PROTEIN 21.37%**  **FAT 29.63%**  **CARBS 49%**

Properties

Glycemic Index:42.03, Glycemic Load:20.81, Inflammation Score:-6, Nutrition Score:18.188695617344%

Nutrients (% of daily need)

Calories: 485.28kcal (24.26%), Fat: 15.89g (24.45%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 57.05g (20.74%), Sugar: 11.81g (13.12%), Cholesterol: 64.51mg (21.5%), Sodium: 878.47mg (38.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Selenium: 44.98µg (64.25%), Phosphorus: 533.43mg (53.34%), Calcium: 435.9mg (43.59%), Vitamin B2: 0.48mg (28.45%), Manganese: 0.56mg (28.25%), Zinc: 3.1mg (20.69%), Vitamin B12: 1.22µg (20.38%), Magnesium: 71.2mg (17.8%), Potassium: 550.94mg (15.74%), Iron: 2.7mg (15.03%), Vitamin B1: 0.22mg (14.85%), Vitamin A: 680.85IU (13.62%), Copper: 0.27mg (13.32%), Vitamin B6: 0.26mg (12.92%), Folate: 46.62µg (11.66%), Vitamin B3: 2.21mg (11.07%), Vitamin B5: 1.04mg (10.43%), Vitamin D: 1.32µg (8.83%), Fiber: 2.08g (8.32%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.77mg (2.15%), Vitamin K: 1.26µg (1.2%)