



 9%  
HEALTH SCORE

## Best Baked Macaroni and Cheese

READY IN



45 min.

SERVINGS



12

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper
- 1 pound elbow macaroni
- 0.5 cup flour all-purpose
- 8 ounces gruyere cheese grated
- 2 teaspoons kosher salt
- 0.3 teaspoon nutmeg freshly grated
- 8 tablespoons butter unsalted plus more for dish (1 stick)
- 6 slices sandwich bread white

- 18 ounces cheddar cheese white grated
- 5.5 cups milk whole

## Equipment

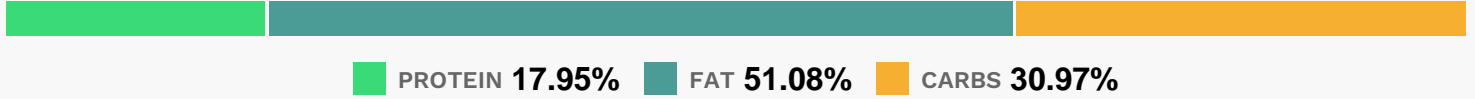
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- casserole dish
- colander

## Directions

- Heat the oven to 375 degrees. Butter a 3-quart casserole dish; set aside.
- Place bread pieces in a medium bowl. In a small saucepan over medium heat, melt 2 tablespoons butter.
- Pour butter into the bowl with bread, and toss. Set the breadcrumbs aside. In a medium saucepan set over medium heat, heat milk. Melt remaining 6 tablespoons butter in a high-sided skillet over medium heat. When butter bubbles, add flour. Cook, stirring, 1 minute. Slowly pour hot milk into flour-butter mixture while whisking. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick.
- Remove the pan from the heat. Stir in salt, nutmeg, black pepper, cayenne pepper, 3 cups cheddar, and 1 1/2 cups Gruyere. Set cheese sauce aside. Fill a large saucepan with water. Bring to a boil.
- Add macaroni; cook 2 to 3 fewer minutes than manufacturers directions, until outside of pasta is cooked and inside is underdone. (Different brands of macaroni cook at different rates; be sure to read the instructions.)
- Transfer the macaroni to a colander, rinse under cold running water, and drain well. Stir macaroni into the reserved cheese sauce.
- Pour the mixture into the prepared casserole dish.

- Sprinkle remaining 1 1/2 cups cheddar and 1/2 cup Gruyere; scatter breadcrumbs over the top.
- Bake until browned on top, about 30 minutes.
- Transfer dish to a wire rack to cool for 5 minutes; serve.

## Nutrition Facts



### Properties

Glycemic Index:29.06, Glycemic Load:9.54, Inflammation Score:-7, Nutrition Score:18.196956521739%

### Taste

Sweetness: 80.75%, Saltiness: 98.48%, Sourness: 48.55%, Bitterness: 35.94%, Savoriness: 75.39%, Fattiness: 100%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 578.97kcal (28.95%), Fat: 32.81g (50.47%), Saturated Fat: 18.84g (117.75%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 43.09g (15.67%), Sugar: 7.3g (8.11%), Cholesterol: 96.8mg (32.27%), Sodium: 906.18mg (39.4%), Protein: 25.95g (51.89%), Calcium: 666.99mg (66.7%), Selenium: 45.56µg (65.08%), Phosphorus: 515.76mg (51.58%), Vitamin B2: 0.48mg (28.04%), Manganese: 0.48mg (23.84%), Zinc: 3.45mg (22.98%), Vitamin B12: 1.37µg (22.88%), Vitamin A: 1037.41IU (20.75%), Vitamin B1: 0.23mg (15.02%), Magnesium: 56.67mg (14.17%), Vitamin D: 1.74µg (11.59%), Folate: 41.39µg (10.35%), Vitamin B5: 0.96mg (9.63%), Potassium: 324.15mg (9.26%), Vitamin B6: 0.18mg (9.09%), Vitamin B3: 1.71mg (8.57%), Copper: 0.16mg (7.82%), Iron: 1.27mg (7.04%), Fiber: 1.67g (6.67%), Vitamin E: 0.73mg (4.86%), Vitamin K: 2.7µg (2.57%)