



## Breakfast Macaroni and Cheese with Sausage and Hash Browns

READY IN



75 min.

SERVINGS



12

CALORIES



687 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound diestel breakfast sausage
- 0.1 teaspoon cayenne pepper
- 1 pound cream cheese room temperature
- 1 pound elbow macaroni
- 2 small bell peppers green chopped
- 1 cup gruyere cheese shredded
- 2.5 cups half-and-half
- 1.5 cups hash browns shredded frozen thawed

- 12 servings kosher salt
- 3 cups sharp cheddar shredded
- 4 tablespoons butter unsalted melted
- 1 tablespoon vegetable oil
- 1 large onion yellow chopped

## Equipment

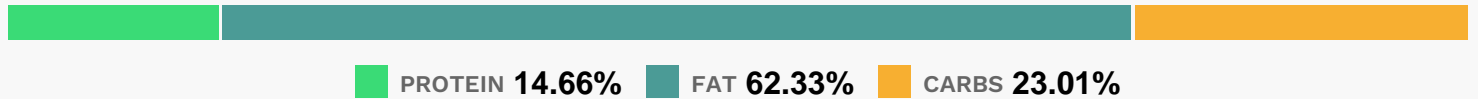
- sauce pan
- oven
- whisk
- pot
- baking pan
- wooden spoon
- slotted spoon

## Directions

- Set an oven rack 6 inches from the heat source and preheat the oven to 425 degrees F.
- Bring a large pot of salted water to a boil.
- Add the macaroni and cook until it is al dente, about 6 minutes. Strain, reserving 1 3/4 cups of the pasta water. Set aside.
- Heat the oil in a large saucepan over medium-high heat.
- Add the sausage and cook until lightly browned, breaking up the meat with the back of a wooden spoon, about 5 minutes.
- Transfer the browned meat to a plate with a slotted spoon.
- Add the onions, 1 tablespoon water and a pinch of salt to the saucepan and cook until just starting to soften, 3 to 4 minutes, scraping up any browned bits with the wooden spoon.
- Add the bell peppers and cook until lightly browned and softened, 6 to 8 minutes.
- Transfer the onion and green bell pepper to the plate with the browned sausage.
- Carefully wipe out the saucepan (or give it a quick rinse if it is really dirty).

- Add the half-and-half and cayenne and bring to a simmer over medium heat. Cook until reduced to 1 1/2 cups, about 15 minutes.
- Add the cream cheese and stir until melted.
- Whisk in the Cheddar and Gruyere until all the cheese is melted and the sauce is smooth.
- Add the macaroni and reserved pasta water to the saucepan and stir to combine. (The mixture will look very loose, but the pasta will suck up a lot of the sauce as it bakes.) Gently fold in the browned meat and vegetables and season with more salt if needed.
- Pour into a 13-by-9-inch baking dish. Toss the hash browns with the melted butter and a pinch of salt and scatter over the macaroni and cheese.
- Bake until the cheese is bubbly and the hash browns are just starting to brown, about 10 minutes. Broil until the hash browns are golden brown and crispy, about 3 minutes.

## Nutrition Facts



### Properties

Glycemic Index:15.17, Glycemic Load:2.37, Inflammation Score:-7, Nutrition Score:17.273043425187%

### Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

### Nutrients (% of daily need)

Calories: 686.72kcal (34.34%), Fat: 47.68g (73.35%), Saturated Fat: 24.74g (154.61%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 37.61g (13.68%), Sugar: 5.48g (6.08%), Cholesterol: 133.42mg (44.47%), Sodium: 856.37mg (37.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.44%), Selenium: 38.53µg (55.05%), Phosphorus: 426.36mg (42.64%), Calcium: 420.78mg (42.08%), Vitamin A: 1272.99IU (25.46%), Vitamin B2: 0.42mg (24.77%), Zinc: 3.3mg (22.01%), Manganese: 0.43mg (21.42%), Vitamin C: 13.73mg (16.64%), Vitamin B12: 0.98µg (16.39%), Vitamin B6: 0.31mg (15.51%), Vitamin B3: 3.05mg (15.25%), Vitamin B1: 0.22mg (14.34%), Magnesium: 50.86mg (12.71%), Potassium: 441.37mg (12.61%), Vitamin B5: 1.07mg (10.74%), Copper: 0.2mg (9.92%), Fiber: 2g (8.02%), Iron: 1.37mg (7.62%), Vitamin E: 1.06mg (7.08%), Folate: 23.95µg (5.99%), Vitamin K: 6µg (5.72%), Vitamin D: 0.8µg (5.31%)