



Caramelized Onion Macaroni and Cheese

READY IN



40 min.

SERVINGS



10

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter melted
- ☐ 16 oz block cheddar cheese shredded white
- ☐ 6 large eggs
- ☐ 8 oz elbow macaroni
- ☐ 4 cups milk
- ☐ 2 large onions thinly sliced
- ☐ 4 oz parmesan cheese shredded
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 32 saltines divided crushed finely
- ☐ 1 teaspoon sugar

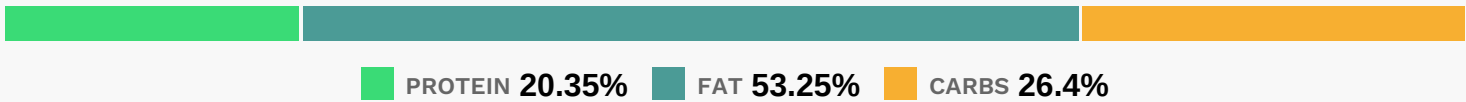
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Prepare macaroni according to package directions; drain and set aside.
- ☐ Melt 2 Tbsp. butter in a large skillet over medium-high heat.
- ☐ Add sliced onions and 1 tsp. sugar. Cook, stirring often, 15 to 20 minutes or until onions are caramel-colored.
- ☐ Layer half each of macaroni, onions, cheeses, and cracker crumbs in a lightly greased 13- x 9- inch baking dish.
- ☐ Layer with remaining macaroni, onions, and cheeses.
- ☐ Whisk together eggs and next 3 ingredients; pour over macaroni mixture.
- ☐ Stir together remaining cracker crumbs, melted butter, and, if desired, pecans.
- ☐ Sprinkle evenly over macaroni mixture.
- ☐ Bake at 350 for 1 hour or until golden brown and set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.11, Glycemic Load:3.04, Inflammation Score:-7, Nutrition Score:18.01739126703%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 509.19kcal (25.46%), Fat: 30.08g (46.27%), Saturated Fat: 16.44g (102.74%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 32.02g (11.64%), Sugar: 7.45g (8.28%), Cholesterol: 188.42mg (62.81%), Sodium: 919.48mg (39.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.72%), Calcium: 607.22mg (60.72%), Selenium: 41.99µg (59.98%), Phosphorus: 507.28mg (50.73%), Vitamin B2: 0.58mg (34.12%), Vitamin B12: 1.43µg (23.82%), Zinc: 3.21mg (21.38%), Vitamin A: 1004.36IU (20.09%), Manganese: 0.36mg (17.98%), Vitamin D: 2µg (13.35%), Magnesium: 50.07mg (12.52%), Vitamin B5: 1.25mg (12.5%), Vitamin B1: 0.19mg (12.41%), Folate: 47.25µg (11.81%), Vitamin B6: 0.23mg (11.45%), Potassium: 344.86mg (9.85%), Iron: 1.6mg (8.87%), Vitamin E: 1mg (6.67%), Copper: 0.13mg (6.66%), Fiber: 1.53g (6.12%), Vitamin B3: 1.22mg (6.11%), Vitamin K: 4.8µg (4.57%), Vitamin C: 2.22mg (2.69%)