

DINNER

Caramelized Onion Macaroni and Cheese

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	10	\$1.54	509 kcal

Caramelized Onion Macaroni and Cheese takes about 40 minutes from beginning to end. This main course has 509 calories, 26g of protein, and 30g of fat per serving. This recipe serves 10. For \$1.54 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2 tablespoons butter	☐ 2 tablespoons butter, melted
☐ 16 oz block white Cheddar cheese, shredded	☐ 6 large eggs
☐ 8 oz package large elbow macaroni	☐ 4 cups milk
☐ 2 large onions, thinly sliced	☐ 4 oz cup shredded Parmesan cheese
☐ ½ teaspoon pepper	☐ 1 teaspoon salt
☐ 32 saltine crackers, finely crushed and divided	☐ 1 teaspoon sugar

EQUIPMENT Frying pan, Oven, Whisk, Baking pan

Method

- 1 Prepare macaroni according to package directions; drain and set aside.
- 2 Melt 2 Tbsp. butter in a large skillet over medium-high heat.

- 3 Add sliced onions and 1 tsp. sugar. Cook, stirring often, 15 to 20 minutes or until onions are caramel-colored.
- 4 Layer half each of macaroni, onions, cheeses, and cracker crumbs in a lightly greased 13- x 9-inch baking dish.
- 5 Layer with remaining macaroni, onions, and cheeses.
- 6 Whisk together eggs and next 3 ingredients; pour over macaroni mixture.
- 7 Stir together remaining cracker crumbs, melted butter, and, if desired, pecans.
- 8 Sprinkle evenly over macaroni mixture.
- 9 Bake at 350 for 1 hour or until golden brown and set.
- 10 Let stand 10 minutes before serving.

Nutrition per serving

509	26 g	30 g	34 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			16.4 g · 103% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			7.5 g · 8% of daily needs
Sodium			919 mg · 40% of daily needs
Cholesterol			188 mg · 63% of daily needs
Vitamin C			2.2 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/caramelized-onion-macaroni-and-cheese-148570