



## Carrot Mac and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 cups carrots grated ( 8 small)
- ☐ 2 large eggs
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups .5 oz. macaroni whole wheat
- ☐ 0.8 teaspoon ground mustard
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 3 cups sharp cheddar cheese grated
- ☐ 0.8 cup cream sour

☐ 0.3 cup butter unsalted cut into pieces ()

☐ 0.3 cup milk whole

## Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ pot

☐ baking pan

☐ stove

## Directions

☐ Preheat oven to 400°F and grease an 8-inch square baking pan. Arrange a rack in the top third of the oven.

☐ Cook macaroni according to package instructions in a large pot of salted boiling water; add carrot 3 minutes before pasta is finished cooking; drain well.

☐ While pasta is hot, stir in all but 1/2 cup of the cheddar and the butter. In a bowl, whisk together the sour cream, milk, eggs, salt, mustard powder, and pepper. Fold mixture into the pasta.

☐ Scrape the mixture into the prepared pan.

☐ Sprinkle the remaining cheddar and the parmesan over the top.

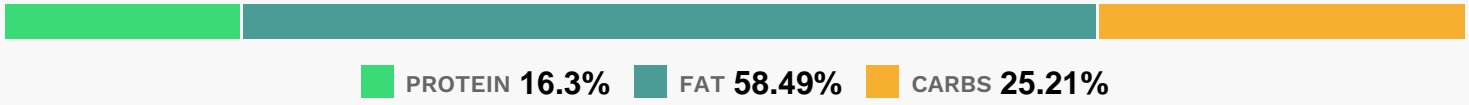
☐ Bake until the casserole is firm to the touch and golden brown, about 30 minutes.

☐ What Else?

☐ •If you're grating your cheddar cheese in the food processor, you don't have to wash out the machine before grating the carrots. Or vice versa. •This is one of those macaroni and cheeses with an eggy custard base that puffs as it cooks, and is cut into squares to serve, like a casserole, as opposed to that gooey, creamy, stove-top béchamel sauce version. I know that some people have strong opinions about proper mac and cheese (I'm an equal opportunist myself), but thought I'd let you know what you're getting. •Feed this dish to the kids as is;

grown-ups should indulge with a squirt of fiery Sriracha or other hot sauce all over the top. You can vary the cheese to give this rather plain (if tasty) dish more personality. Gruyère, aged Cheddar, pecorino, and aged Gouda will all add a sophisticated allure that will raise it above mere kids' food.

## Nutrition Facts



### Properties

Glycemic Index:23.97, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:20.340869364531%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

### Nutrients (% of daily need)

Calories: 555.93kcal (27.8%), Fat: 36.29g (55.82%), Saturated Fat: 20.09g (125.54%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 32.53g (11.83%), Sugar: 5.21g (5.78%), Cholesterol: 160.64mg (53.55%), Sodium: 906.44mg (39.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.49%), Vitamin A: 10034.52IU (200.69%), Selenium: 46.61µg (66.59%), Calcium: 515.66mg (51.57%), Phosphorus: 439.59mg (43.96%), Vitamin B2: 0.46mg (26.94%), Zinc: 3.25mg (21.68%), Manganese: 0.43mg (21.64%), Vitamin B12: 0.93µg (15.58%), Magnesium: 49.03mg (12.26%), Potassium: 379.38mg (10.84%), Vitamin B6: 0.21mg (10.68%), Fiber: 2.66g (10.66%), Folate: 38.81µg (9.7%), Vitamin B5: 0.95mg (9.47%), Vitamin K: 9.83µg (9.36%), Vitamin E: 1.36mg (9.05%), Copper: 0.17mg (8.36%), Vitamin B1: 0.1mg (6.99%), Vitamin D: 0.95µg (6.31%), Vitamin B3: 1.22mg (6.09%), Iron: 1.07mg (5.96%), Vitamin C: 3.42mg (4.15%)