



Cheese Cart Mac and Cheese

READY IN



31 min.

SERVINGS



8

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound asiago cheese shredded
- 2 cups bread crumbs fresh toasted (see Cook's Note)
- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 0.3 pound fontina shredded
- 2 cloves garlic finely chopped
- 0.3 pound gouda cheese shredded
- 0.5 teaspoon ground pepper white
- 1.8 cups milk at room temperature

- 2 tablespoons olive oil
- 1 pound orecchiette pasta
- 0.3 cup parmesan grated
- 1 tablespoon freshly parsley leaves chopped
- 8 servings salt

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- pot

Directions

- Watch how to make this recipe.
- Bring a large pot of salted water to a boil over medium heat.
- Add the pasta and cook until al dente, about 6 to 8 minutes.
- While the pasta is cooking, in a saucepan over medium heat, add 2 tablespoons olive oil.
- Whisk in the flour and cook stirring constantly for 2 minutes. Slowly add the milk and whisk well to get rid of all the lumps. Bring to a simmer. Stir in cheeses and season with white pepper and salt, to taste.
- Drain the pasta from the water and return it back to the pot.
- Pour the cheese sauce over the pasta and stir to combine.
- Melt the butter in a large skillet over medium-low heat.
- Add the garlic and cook for 2 minutes.
- Add the parsley, bread crumbs, and Parmesan.
- Mix until the bread crumbs are completely coated with butter mixture.
- Serve the mac and cheese in small bowls topped with the garlic bread crumbs.

Nutrition Facts

PROTEIN 17.36% FAT 38.5% CARBS 44.14%

Properties

Glycemic Index:46.88, Glycemic Load:19.37, Inflammation Score:-6, Nutrition Score:19.276521646458%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 612.74kcal (30.64%), Fat: 26.04g (40.06%), Saturated Fat: 13.66g (85.4%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 64.01g (23.28%), Sugar: 6.45g (7.17%), Cholesterol: 66.02mg (22.01%), Sodium: 967.88mg (42.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Selenium: 52.47µg (74.96%), Calcium: 513.5mg (51.35%), Phosphorus: 457.5mg (45.75%), Manganese: 0.81mg (40.46%), Vitamin B1: 0.37mg (24.87%), Vitamin B2: 0.36mg (21.37%), Zinc: 2.97mg (19.8%), Vitamin B12: 1.06µg (17.65%), Magnesium: 62.88mg (15.72%), Vitamin B3: 3.01mg (15.07%), Iron: 2.42mg (13.45%), Vitamin K: 13.81µg (13.15%), Vitamin A: 650.26IU (13.01%), Copper: 0.25mg (12.72%), Fiber: 3.14g (12.58%), Folate: 48.57µg (12.14%), Vitamin B6: 0.2mg (9.78%), Potassium: 311.21mg (8.89%), Vitamin B5: 0.8mg (8.02%), Vitamin E: 0.9mg (5.97%), Vitamin D: 0.83µg (5.53%), Vitamin C: 0.93mg (1.12%)