



WHATSheATE



Cheesemonger's Mac and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1.8 cups breadcrumbs made from bread fresh french crustless
- ☐ 1.5 cups rindless brie diced (cut from 1-pound wedge)
- ☐ 5 tablespoons butter divided
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1.5 cups coarsely gruyère cheese grated
- ☐ 0.8 teaspoon nutmeg (scant)
- ☐ 1 pound penne pasta
- ☐ 6 ounces coarsely sharp cheddar cheese grated

- ☐ 8 teaspoons whipping cream (if making 1 day ahead)
- ☐ 4 cups milk whole

Equipment

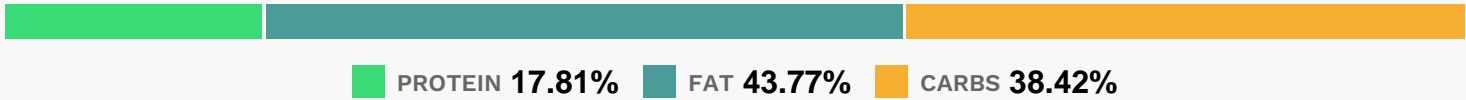
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Mix all cheeses. Set aside 1 cup for topping; cover and chill. Melt 4 tablespoons butter in large saucepan over medium heat.
- ☐ Add flour and stir until mixture turns golden brown, about 4 minutes.
- ☐ Add thyme and nutmeg. Gradually whisk in milk. Simmer until thickened and smooth, stirring often, about 4 minutes.
- ☐ Add cheeses from large bowl. Stir until melted and smooth.
- ☐ Melt 1 tablespoon butter in heavy large skillet over medium-high heat.
- ☐ Add breadcrumbs; toss. Stir until golden, about 2 minutes.
- ☐ Transfer to plate.
- ☐ Preheat oven to 375°F. Cook pasta in boiling salted water until tender but firm to bite.
- ☐ Drain.
- ☐ Transfer to large bowl.
- ☐ Pour cheese sauce over; toss. Divide among eight 1 1/4-cup custard cups.
- ☐ Sprinkle with 1 cup cheese.
- ☐ Place cups on rimmed baking sheet. DO AHEAD: Can be made 1 day ahead. Cover with foil; chill.

- ☐ Drizzle each with 1 teaspoon cream. Cover with foil; bake 15 minutes. Uncover.
- ☐ Sprinkle partially baked chilled or just assembled cups with breadcrumbs.
- ☐ Bake pasta until beginning to bubble and tops are golden, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:34.79, Inflammation Score:-8, Nutrition Score:26.723913094272%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 799.95kcal (40%), Fat: 38.82g (59.73%), Saturated Fat: 21.95g (137.18%), Carbohydrates: 76.69g (25.56%), Net Carbohydrates: 72.59g (26.4%), Sugar: 10.84g (12.05%), Cholesterol: 114.59mg (38.2%), Sodium: 837.92mg (36.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.07%), Selenium: 68.14µg (97.35%), Calcium: 684.99mg (68.5%), Phosphorus: 605.17mg (60.52%), Manganese: 1.2mg (59.9%), Vitamin B2: 0.67mg (39.42%), Vitamin B12: 1.75µg (29.14%), Zinc: 4.29mg (28.58%), Vitamin B1: 0.41mg (27%), Vitamin A: 1122.3IU (22.45%), Magnesium: 88.49mg (22.12%), Vitamin B3: 4.37mg (21.87%), Folate: 86.66µg (21.67%), Iron: 3.09mg (17.18%), Fiber: 4.1g (16.4%), Vitamin B6: 0.32mg (15.82%), Vitamin B5: 1.58mg (15.79%), Copper: 0.27mg (13.63%), Potassium: 474.6mg (13.56%), Vitamin D: 1.83µg (12.22%), Vitamin K: 5.54µg (5.28%), Vitamin E: 0.77mg (5.11%), Vitamin C: 0.94mg (1.14%)