



## Civil War Macaroni and Cheese

Popular

READY IN



50 min.

SERVINGS



4

CALORIES



710 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 cups milk whole
- ☐ 2 cups elbow macaroni pasta
- ☐ 4 tablespoons butter
- ☐ 0.5 pound cheddar cheese packed grated
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings nutmeg
- ☐ 0.3 cup breadcrumbs

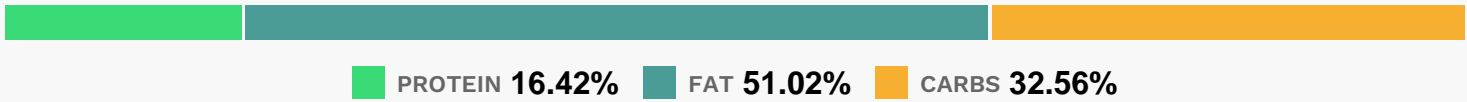
### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Cook the macaroni in milk:
- ☐ Heat the milk in a large saucepan until steamy. Stir in the dry macaroni pasta.
- ☐ Let come to a boil, reduce the heat to a simmer. Pay attention while the macaroni is cooking in the milk as the milk may foam up and boil over if the milk gets too hot.
- ☐ Cook the macaroni for 15 minutes or until done. The macaroni should absorb almost all of the milk.
- ☐ Make the sauce with butter, cheese, spices: Preheat oven to 400°F. As soon as the macaroni is close to being done, melt the butter in a separate saucepan, stir in the grated cheese, black pepper to taste and a pinch of freshly grated nutmeg.
- ☐ Mix the sauce and cooked macaroni: Once the cheese has melted, pour the sauce into the macaroni and milk mixture and stir to combine. Taste and add salt if needed.
- ☐ Top with breadcrumbs and bake:
- ☐ Place macaroni and cheese mixture into a baking dish.
- ☐ Sprinkle the top with breadcrumbs.
- ☐ Sprinkle lightly with cayenne (if using).
- ☐ Bake in a 400°F oven for 20 minutes or until the top is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:54.25, Glycemic Load:5.12, Inflammation Score:-8, Nutrition Score:22.836086929168%

## Nutrients (% of daily need)

Calories: 710.3kcal (35.52%), Fat: 40.32g (62.03%), Saturated Fat: 23.37g (146.05%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 55.47g (20.17%), Sugar: 14.32g (15.91%), Cholesterol: 116.08mg (38.69%), Sodium: 606.45mg

(26.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.41%), Selenium: 55.74µg (79.63%), Calcium: 731.84mg (73.18%), Phosphorus: 624.26mg (62.43%), Vitamin B2: 0.65mg (38.33%), Vitamin B12: 1.97µg (32.77%), Manganese: 0.63mg (31.48%), Zinc: 3.98mg (26.51%), Vitamin A: 1315.85IU (26.32%), Vitamin D: 3.02µg (20.16%), Magnesium: 79.43mg (19.86%), Vitamin B1: 0.27mg (18.22%), Potassium: 551.65mg (15.76%), Vitamin B5: 1.42mg (14.25%), Vitamin B6: 0.27mg (13.73%), Copper: 0.21mg (10.6%), Fiber: 2.43g (9.7%), Vitamin B3: 1.66mg (8.29%), Folate: 30.54µg (7.63%), Iron: 1.17mg (6.51%), Vitamin E: 0.94mg (6.24%), Vitamin K: 3.73µg (3.56%)