



Classic Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



1232 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup breadcrumbs fresh
- 8 tbsp butter
- 0.5 tsp ground pepper
- 6 tbsp flour
- 0.5 cup cup heavy whipping cream
- 1 lb .5 oz. macaroni cooked
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- 6 servings pepper white freshly ground
- 4 cups sharp cheddar cheese grated

3.8 cups milk whole hot

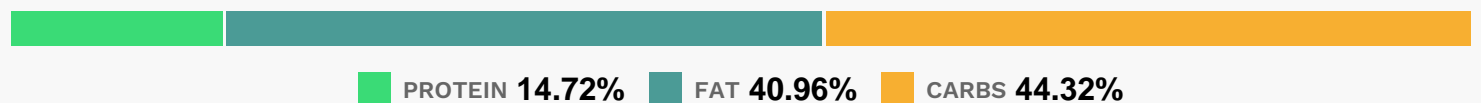
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 35
- Melt 6 tbsp. butter in a medium saucepan over low heat.
- Add flour and cook, stirring constantly, for about 4 minutes. Stir in cayenne and season to taste with salt and pepper.
- Whisk in hot milk, 1/2 cup at a time, and cook, stirring, until sauce thickens. Reduce heat to low and stir in 2 cups of cheese. Cook, stirring, until cheese melts, about 2 minutes.
- Combine pasta and sauce in a large bowl, and season with salt.
- Sprinkle 1/2 cup cheese over the bottom of a buttered 8" 11" baking dish.
- Place one-third of the pasta in the baking dish, top with 1/2 cup of cheese, then repeat, layering pasta and cheese, ending with cheese, making three layers in all.
- Pour cream over assembled macaroni and cheese. Melt remaining butter in a skillet.
- Add bread crumbs, coat with melted butter, and sprinkle over macaroni and cheese.
- Bake until crust is golden, about 30 minutes. Allow to rest for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:7.36, Inflammation Score:-8, Nutrition Score:32.223913043478%

Nutrients (% of daily need)

Calories: 1232.23kcal (61.61%), Fat: 55.91g (86.02%), Saturated Fat: 32.15g (200.94%), Carbohydrates: 136.09g (45.36%), Net Carbohydrates: 130.08g (47.3%), Sugar: 12.81g (14.23%), Cholesterol: 156.75mg (52.25%), Sodium: 752.97mg (32.74%), Protein: 45.2g (90.39%), Selenium: 125.44µg (179.21%), Phosphorus: 827.77mg (82.78%), Manganese: 1.62mg (81.16%), Calcium: 792.68mg (79.27%), Vitamin B2: 0.75mg (44.37%), Zinc: 5.8mg (38.64%), Vitamin A: 1829IU (36.58%), Magnesium: 128.09mg (32.02%), Vitamin B12: 1.72µg (28.62%), Vitamin B1: 0.4mg (26.34%), Copper: 0.52mg (25.9%), Fiber: 6.01g (24.04%), Potassium: 677.46mg (19.36%), Vitamin B6: 0.39mg (19.35%), Vitamin B3: 3.85mg (19.24%), Iron: 3.19mg (17.72%), Folate: 68.11µg (17.03%), Vitamin B5: 1.69mg (16.86%), Vitamin D: 2.45µg (16.31%), Vitamin E: 1.49mg (9.9%), Vitamin K: 5.11µg (4.87%)