



## Creamy Baked Macaroni and Cheese with Kale and Mushrooms

READY IN



65 min.

SERVINGS



12

CALORIES



575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 servings pepper black freshly ground
- 0.1 teaspoon cayenne pepper
- 1 pound cream cheese room temperature
- 1 pound elbow macaroni
- 4 cloves garlic minced
- 1 cup gruyere cheese shredded
- 2.5 cups half-and-half
- 8 cups kale roughly chopped

- 12 servings kosher salt
- 0.3 cup olive oil extra-virgin
- 1 cup panko bread crumbs
- 3 cups sharp cheddar shredded
- 12 ounces mushroom caps sliced

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- wooden spoon

## Directions

- Set an oven rack about 6 inches from the heat source and preheat the oven to 425 degrees F.
- Bring a large pot of salted water to a boil.
- Add the macaroni and cook until it is al dente, about 6 minutes. Strain, reserving 1 3/4 cups of the pasta water. Set aside.
- Heat a large saucepan over medium-high heat.
- Add 3 tablespoons of the olive oil and the shiitake mushrooms and cook, stirring constantly, until the mushrooms are lightly browned in spots and softened, 4 to 6 minutes. Lower the heat to medium and add the kale, garlic and 1/2 cup of water, scraping up any browned bits at the bottom of the pan with the back of a wooden spoon.
- Add 3/4 teaspoon salt and 1/4 teaspoon pepper and stir to combine. Cook until the kale is wilted but still crisp-tender, about 3 minutes.
- Remove the vegetables to a bowl and set aside.
- Carefully wipe out the saucepan (or give it a quick rinse if it is really dirty).

- Add the half-and-half and cayenne and bring to a simmer over medium heat. Cook until reduced to 1 1/2 cups, about 15 minutes.
- Add the cream cheese and stir until melted.
- Whisk in the Cheddar and Gruyere until all the cheese is melted and the sauce is smooth.
- Add the macaroni and reserved pasta water to the saucepan and stir to combine. (The mixture will look very loose, but the pasta will suck up a lot of the sauce as it bakes.) Gently fold in the reserved vegetables. Season to taste with additional salt if needed.
- Pour into a 13-by-9-inch baking dish. Toss the bread crumbs, remaining 1/4 cup olive oil and a large pinch of salt and pepper in a medium bowl and sprinkle evenly over the macaroni and cheese.
- Bake until the cheese is bubbly and the bread crumbs are lightly browned and crispy, about 10 minutes.

## Nutrition Facts

**PROTEIN 14.13%**

**FAT 58.45%**

**CARBS 27.42%**

### Properties

Glycemic Index:17.67, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:20.745217323303%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg Kaempferol: 6.55mg, Kaempferol: 6.55mg, Kaempferol: 6.55mg, Kaempferol: 6.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

### Nutrients (% of daily need)

Calories: 575.15kcal (28.76%), Fat: 37.65g (57.93%), Saturated Fat: 19.5g (121.85%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 36.99g (13.45%), Sugar: 5.76g (6.39%), Cholesterol: 96.17mg (32.06%), Sodium: 655.65mg (28.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Selenium: 41.49µg (59.28%), Vitamin K: 60.3µg (57.43%), Vitamin A: 2481.37IU (49.63%), Calcium: 457.1mg (45.71%), Phosphorus: 405.17mg (40.52%), Manganese: 0.59mg (29.49%), Vitamin B2: 0.49mg (29.08%), Zinc: 2.82mg (18.78%), Vitamin C: 13.86mg (16.8%), Magnesium: 52.96mg (13.24%), Vitamin B6: 0.25mg (12.57%), Vitamin B3: 2.36mg (11.82%), Vitamin B5: 1.18mg (11.76%), Vitamin B12: 0.67µg (11.2%), Fiber: 2.77g (11.08%), Potassium: 381.95mg (10.91%), Vitamin E: 1.49mg (9.92%), Copper: 0.2mg (9.92%), Vitamin B1: 0.14mg (9.55%), Folate: 36.54µg (9.13%), Iron: 1.26mg (6.99%), Vitamin D: 0.35µg (2.33%)