



Creamy Stovetop Macaroni and Cheese

READY IN



45 min.

SERVINGS



10

CALORIES



599 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon cayenne pepper
- 1 pound cream cheese room temperature
- 1 pound elbow macaroni
- 1 cup gruyere cheese shredded
- 2.5 cups half-and-half
- 10 servings kosher salt
- 3 cups sharp cheddar shredded

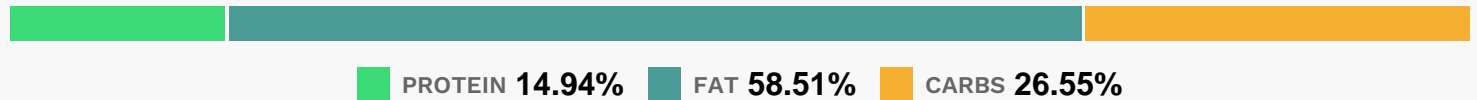
Equipment

- sauce pan
- whisk
- pot

Directions

- 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 cup of the pasta water. Set aside.
- Heat the half-and-half and cayenne in a large saucepan over medium heat until it just comes to a simmer. Continue simmering until the half-and-half is 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 to the saucepan and stir to combine. Stir in some of the reserved pasta water to thin the sauce if needed. Season to taste with salt if needed.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:14.966521804747%

Nutrients (% of daily need)

Calories: 599.2kcal (29.96%), Fat: 39.04g (60.06%), Saturated Fat: 22.55g (140.91%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 38.41g (13.97%), Sugar: 5.58g (6.2%), Cholesterol: 115.41mg (38.47%), Sodium: 691.81mg (30.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.87%), Selenium: 46.01µg (65.73%), Calcium: 491.41mg (49.14%), Phosphorus: 426.93mg (42.69%), Vitamin A: 1298.56IU (25.97%), Vitamin B2: 0.44mg (25.62%), Manganese: 0.43mg (21.41%), Zinc: 2.86mg (19.08%), Vitamin B12: 0.79µg (13.09%), Magnesium: 48.12mg (12.03%), Vitamin B5: 0.84mg (8.43%), Copper: 0.16mg (8.02%), Potassium: 278.22mg (7.95%), Vitamin B6: 0.15mg (7.74%), Vitamin E: 0.89mg (5.93%), Fiber: 1.46g (5.83%), Vitamin B1: 0.09mg (5.82%), Folate: 22.53µg (5.63%), Vitamin B3: 0.91mg (4.56%), Iron: 0.75mg (4.17%), Vitamin K: 2.97µg (2.83%), Vitamin D: 0.28µg (1.88%)