



Creole Macaroni and Cheese

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup andouille sausage diced
- ☐ 8 servings pepper black to taste
- ☐ 0.8 cup bread crumbs
- ☐ 4 tablespoons butter
- ☐ 2 stalks celery chopped
- ☐ 8 ounce elbow macaroni
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup gruyère cheese grated

- ☐ 8 servings kosher salt to taste
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon mustard prepared
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1.5 cups cheddar cheese shredded

Equipment

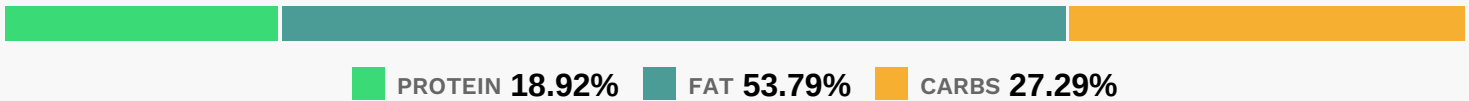
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Cook macaroni in a large pot of boiling water until al dente.
- ☐ Drain.
- ☐ In a small pan, cook the andouille sausage over medium heat until done. Set aside. In the same pan, melt 1 tablespoon butter over medium heat.
- ☐ Add bread crumbs, and stir to coat. Cool, and then mix in Parmesan. Set aside.
- ☐ In a medium saucepan, melt 1 tablespoon butter.
- ☐ Saute onions and celery until translucent.
- ☐ Transfer to a bowl.
- ☐ In the same saucepan, melt 1 tablespoon butter over medium heat.
- ☐ Whisk in the flour, to make a white roux. Try not to let the roux brown at all, it should be white.

- ☐ Mix in paprika and mustard, then stir in milk. Bring to boil over medium heat, then add Gruyere and Cheddar cheeses. Simmer, stirring often, until thick enough to coat the back of a spoon, about 10 minutes. Season with salt and pepper to taste.
- ☐ Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 in pan, or similar sized casserole dish.
- ☐ Transfer cooked macaroni to the dish, and toss in the andouille sausage. Stir in the cheese mixture.
- ☐ Sprinkle the breadcrumb and Parmesan mixture evenly over the top.
- ☐ Bake for 20 minutes, or until crust turns golden brown.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.82, Inflammation Score:-6, Nutrition Score:15.853912970294%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 510.93kcal (25.55%), Fat: 30.5g (46.93%), Saturated Fat: 15.43g (96.45%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 32.95g (11.98%), Sugar: 4.78g (5.31%), Cholesterol: 90.75mg (30.25%), Sodium: 950.59mg (41.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Selenium: 38.65µg (55.22%), Calcium: 465.14mg (46.51%), Phosphorus: 407.02mg (40.7%), Zinc: 3.21mg (21.39%), Manganese: 0.42mg (20.88%), Vitamin B2: 0.35mg (20.73%), Vitamin B12: 1.16µg (19.29%), Vitamin B1: 0.26mg (17.32%), Vitamin A: 791.46IU (15.83%), Vitamin B3: 3.17mg (15.83%), Magnesium: 46.82mg (11.7%), Vitamin B6: 0.2mg (9.94%), Potassium: 347.46mg (9.93%), Vitamin B5: 0.82mg (8.22%), Iron: 1.44mg (7.99%), Copper: 0.16mg (7.84%), Vitamin D: 1.17µg (7.83%), Folate: 30.94µg (7.74%), Fiber: 1.86g (7.46%), Vitamin K: 5.64µg (5.37%), Vitamin E: 0.8mg (5.31%), Vitamin C: 1.33mg (1.61%)