



## Crispy Potato Chip Mac and Cheese

READY IN



50 min.

SERVINGS



4

CALORIES



1147 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 2 tablespoons bread crumbs plain dry
- 0.3 teaspoon mustard dry
- 1 cup elbow macaroni uncooked
- 0.3 pound gruyère cheese shredded
- 4 cups sauce white prepared (see footnote)
- 0.3 cup parmigiano-reggiano finely grated
- 8 ounce cheddar potato chips white kettle-style crushed
- 0.5 pound cheddar cheese shredded extra-sharp

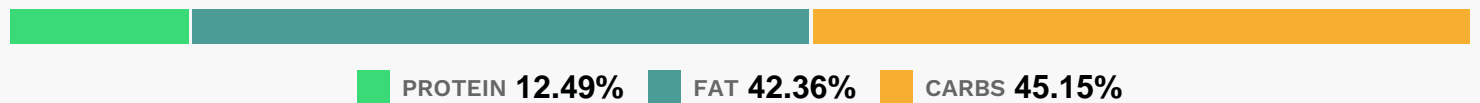
## Equipment

- bowl
- frying pan
- sauce pan
- pot
- ramekin

## Directions

- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- Drain.
- Combine potato chip crumbs, Parmigiano-Reggiano cheese, bread crumbs, and butter in a skillet over medium heat; cook and stir until golden brown, about 5 minutes. Set aside.
- Heat prepared white sauce, Cheddar cheese, Gruyere cheese, and dry mustard in a large saucepan over low heat; cook and stir until cheese melts, 3 to 4 minutes.
- Remove from heat.
- Combine cooked macaroni and cheese together in a large bowl. Spoon mixture into 4 (10-ounce) ramekins and cover with toasted potato chip topping.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:26.267391443253%

## Nutrients (% of daily need)

Calories: 1146.69kcal (57.33%), Fat: 53.78g (82.74%), Saturated Fat: 21.5g (134.36%), Carbohydrates: 128.98g (42.99%), Net Carbohydrates: 125.87g (45.77%), Sugar: 56.45g (62.72%), Cholesterol: 101.08mg (33.69%), Sodium: 3905.81mg (169.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.37%), Calcium: 815.44mg (81.54%), Selenium: 47.12µg (67.32%), Phosphorus: 652.05mg (65.21%), Vitamin E: 6.55mg (43.66%), Manganese: 0.76mg (37.93%), Vitamin B5: 3.08mg (30.79%), Zinc: 4.61mg (30.74%), Vitamin B2: 0.45mg (26.43%), Potassium:

844.29mg (24.12%), Magnesium: 86.13mg (21.53%), Vitamin B6: 0.43mg (21.35%), Vitamin A: 989.47IU (19.79%), Vitamin B12: 1.18µg (19.63%), Vitamin B3: 3.72mg (18.58%), Vitamin B1: 0.24mg (15.9%), Vitamin C: 12.26mg (14.86%), Vitamin K: 15.42µg (14.68%), Copper: 0.28mg (13.89%), Fiber: 3.12g (12.47%), Folate: 43.73µg (10.93%), Iron: 1.64mg (9.12%), Vitamin D: 0.55µg (3.68%)