



## Delilah's 7 Cheese Mac and Cheese

READY IN



100 min.

SERVINGS



12

CALORIES



1103 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup asiago grated
- 1 tablespoon pepper black
- 0.5 pound butter melted (2 sticks)
- 12 eggs
- 2 pounds elbow macaroni
- 1 cup gruyere cheese grated
- 6 cups half-and-half divided
- 1 cup monterey jack grated
- 1.5 cups mozzarella cheese grated

- 1 cup muenster cheese grated
- 0.1 teaspoon salt
- 4 cups sharp cheddar yellow divided grated
- 1 cup velveeta cubed
- 2 cups cheddar white extra-sharp grated

## Equipment

- bowl
- sauce pan
- oven
- whisk

## Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F. Bring a large saucepan of salted water to a boil.
- Add the macaroni and cook until slightly al dente, about 10 minutes.
- Drain and set aside to keep warm.
- Whisk the eggs in a large bowl until frothy.
- Add the Velveeta, butter and 2 cups of the half-and-half to the large bowl of eggs.
- Add the warm macaroni tossing until the cheese has melted and the mixture is smooth.
- Add the remaining half-and-half, 3 cups of the sharp yellow Cheddar, the remaining grated cheeses, and salt and pepper, tossing until completely combined in the large bowl.
- Pour the mixture into 9 by 13-inch casserole or baking dishes (approximately 3 (3-quart) baking dishes) and bake for 30 minutes.
- Sprinkle with the remaining 1 cup of sharp yellow cheese and bake until golden brown on top, about 30 minutes more.
- Serve hot.

## Nutrition Facts



■ PROTEIN 18.26% ■ FAT 57.5% ■ CARBS 24.24%

## Properties

Glycemic Index:20.33, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:30.198261007019%

## Nutrients (% of daily need)

Calories: 1102.83kcal (55.14%), Fat: 70.4g (108.3%), Saturated Fat: 40.95g (255.92%), Carbohydrates: 66.79g (22.26%), Net Carbohydrates: 64.24g (23.36%), Sugar: 9.46g (10.51%), Cholesterol: 357.69mg (119.23%), Sodium: 1384.33mg (60.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.3g (100.6%), Selenium: 89.94µg (128.49%), Calcium: 1107.61mg (110.76%), Phosphorus: 1070.76mg (107.08%), Vitamin B2: 1.03mg (60.63%), Vitamin A: 2332.43IU (46.65%), Zinc: 6.31mg (42.05%), Manganese: 0.79mg (39.29%), Vitamin B12: 2.06µg (34.41%), Magnesium: 89.45mg (22.36%), Vitamin B5: 1.77mg (17.68%), Potassium: 559.2mg (15.98%), Vitamin B6: 0.32mg (15.9%), Copper: 0.3mg (15%), Folate: 55.92µg (13.98%), Iron: 2.24mg (12.44%), Vitamin E: 1.84mg (12.27%), Vitamin B1: 0.16mg (10.43%), Fiber: 2.55g (10.18%), Vitamin D: 1.5µg (9.97%), Vitamin B3: 1.56mg (7.8%), Vitamin K: 6.51µg (6.2%), Vitamin C: 1.11mg (1.34%)