



Dinner Mac and Cheese

READY IN



60 min.

SERVINGS



8

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter melted
- 3 tablespoons butter
- 1.3 cups round buttery crackers crushed
- 2 cups finely-chopped ham cooked chopped
- 3 oz cream cheese softened
- 0.3 cup flour all-purpose
- 4 cups milk
- 16 oz soup noodles uncooked (corkscrew)
- 2 cups savory vegetable assorted coarsely chopped

- 0.5 teaspoon salt
- 4 oz sharp cheddar cheese shredded
- 10 oz sharp cheddar cheese shredded white

Equipment

- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 40
- Prepare cellentani pasta according to package directions.
- Meanwhile, melt 3 Tbsp. butter in a Dutch oven over medium heat. Gradually whisk in flour; cook, whisking constantly, 1 minute. Gradually whisk in milk until smooth; cook, whisking constantly, 8 to 10 minutes or until slightly thickened.
- Whisk in 1 cup sharp Cheddar cheese and next 3 ingredients until smooth.
- Remove from heat, and stir in ham, vegetables, and hot cooked pasta.
- Spoon pasta mixture into a lightly greased 13- x 9-inch baking dish. Stir together crushed cracker crumbs and 2 Tbsp. melted butter; sprinkle over pasta mixture.
- Bake at 400 for 25 to 30 minutes or until golden and bubbly.
- Let stand 5 minutes before serving.

Nutrition Facts



PROTEIN 17.58% **FAT 46.3%** **CARBS 36.12%**

Properties

Glycemic Index:47.63, Glycemic Load:23.77, Inflammation Score:-9, Nutrition Score:26.033913135529%

Nutrients (% of daily need)

Calories: 717.47kcal (35.87%), Fat: 36.98g (56.9%), Saturated Fat: 19.64g (122.74%), Carbohydrates: 64.9g (21.63%), Net Carbohydrates: 60.94g (22.16%), Sugar: 8.72g (9.69%), Cholesterol: 114.42mg (38.14%), Sodium: 1039.65mg (45.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.2%), Selenium: 60.72µg (86.75%), Vitamin A: 3366.68IU (67.33%), Phosphorus: 610.23mg (61.02%), Calcium: 553.32mg (55.33%), Manganese: 0.73mg (36.64%), Vitamin B2: 0.6mg (35.21%), Vitamin B1: 0.41mg (27.6%), Zinc: 4.1mg (27.34%), Vitamin B12: 1.62µg (27.02%), Magnesium: 78.71mg (19.68%), Vitamin B3: 3.39mg (16.96%), Vitamin B6: 0.32mg (15.94%), Potassium: 554.98mg (15.86%), Fiber: 3.96g (15.82%), Copper: 0.28mg (13.76%), Vitamin C: 11.31mg (13.71%), Vitamin B5: 1.35mg (13.47%), Folate: 49.78µg (12.45%), Iron: 2.1mg (11.69%), Vitamin D: 1.64µg (10.93%), Vitamin E: 1.12mg (7.46%), Vitamin K: 7.15µg (6.81%)