



Dinner Tonight: Skillet Macaroni and Cheese

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



1291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups coarse salt fresh
- ☐ 2 tablespoons herbs: rosemary fresh such as thyme, rosemary, sage or savory chopped
- ☐ 1 cup gruyere cheese grated
- ☐ 1 cup cup heavy whipping cream
- ☐ 4 servings kosher salt
- ☐ 0.5 cup parmesan grated for topping
- ☐ 0.5 cup pecorino cheese grated for topping
- ☐ 4 servings hot sauce hot to taste (like Tabasco)

- ☐ 2 cups sharp cheddar cheese grated
- ☐ 1 pound .5 oz. macaroni dry (shells, penne, farfalle all work great here)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup butter unsalted for topping ()
- ☐ 2 cups milk whole

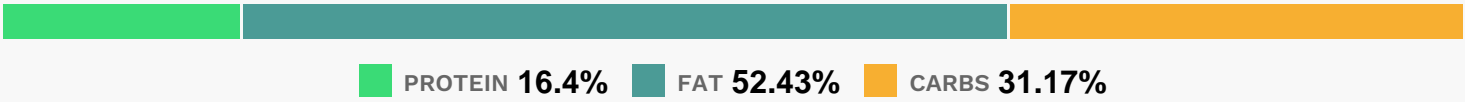
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of salty water to boil and cook the pasta until nearing al dente, but not full cooked.
- ☐ Drain it and rinse with cool water. Preheat the oven to 400 degrees Fahrenheit.
- ☐ Melt 1/4 cup of the butter in an 11-inch oven-safe skillet until the foam subsides, then add the flour, whisking to remove clumps and prevent burning.
- ☐ Add the milk and cream slowly, whisking constantly, until it is all added and there are no remaining clumps.
- ☐ Whisk in the dry mustard, hot sauce, and 1/2 teaspoon kosher salt.
- ☐ Set aside half the Parmesan and Pecorino cheeses.
- ☐ Add the remaining cheeses a little at a time, stirring often, until they are melted into the sauce. Taste for salt and spiciness and adjust as needed.
- ☐ Turn off the heat and add the drained pasta little by little, stirring to coat with the sauce, until it is all added.
- ☐ Combine the herbs, breadcrumbs, and reserved cheese, and sprinkle over the top. Crumble the remaining butter in small pieces over the whole skillet.
- ☐ Bake until the top is browned and the sauce is bubbling, 20 to 25 minutes.
- ☐ Let sit 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:7.1, Inflammation Score:-9, Nutrition Score:34.772608757019%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1291.28kcal (64.56%), Fat: 75.16g (115.63%), Saturated Fat: 44.85g (280.29%), Carbohydrates: 100.51g (33.5%), Net Carbohydrates: 96.61g (35.13%), Sugar: 11.18g (12.42%), Cholesterol: 226.68mg (75.56%), Sodium: 57810.57mg (2513.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.91g (105.82%), Selenium: 104.11µg (148.73%), Calcium: 1269.4mg (126.94%), Phosphorus: 1025.24mg (102.52%), Manganese: 1.27mg (63.26%), Vitamin A: 2623.95IU (52.48%), Vitamin B2: 0.82mg (48.39%), Zinc: 6.5mg (43.36%), Vitamin K: 38.94µg (37.08%), Vitamin B12: 2.19µg (36.58%), Magnesium: 121.14mg (30.28%), Copper: 0.43mg (21.65%), Vitamin D: 3.17µg (21.13%), Vitamin B1: 0.29mg (19.45%), Potassium: 619.6mg (17.7%), Vitamin B6: 0.35mg (17.49%), Vitamin B5: 1.68mg (16.82%), Iron: 2.85mg (15.85%), Fiber: 3.91g (15.62%), Folate: 57.48µg (14.37%), Vitamin B3: 2.7mg (13.48%), Vitamin E: 1.65mg (11.03%), Vitamin C: 3.09mg (3.75%)