



Double-Dutch Mac and Cheese with Chard

READY IN



45 min.

SERVINGS



12

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter divided ()
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon cumin seeds
- ☐ 2 cups coarsely edam cheese divided packed grated ()
- ☐ 12 ounces elbow macaroni
- ☐ 2 garlic cloves minced
- ☐ 2 cups coarsely aged gouda cheese plus) packed grated finely grated finely ()
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 3 cups milk 2% reduced-fat ()

- ☐ 1 cup onion chopped
- ☐ 1 cup breadcrumbs made from sourdough bread fresh crustless
- ☐ 1.5 pounds swiss chard
- ☐ 0.3 cup unbleached all purpose flour

Equipment

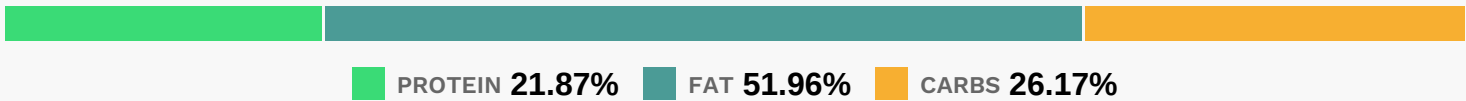
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Melt 3 tablespoons butter in large pot over medium heat.
- ☐ Add onion; sauté until translucent, about 5 minutes. Stir in garlic, then flour; stir constantly 1 minute. Gradually whisk in milk. Cook, whisking occasionally, until mixture begins to boil, about 5 minutes.
- ☐ Add 2 cups coarsely grated
- ☐ Gouda and 1 cup Edam. Stir until cheese melts, about 2 minutes. Stir in cayenne and nutmeg. Season sauce with salt and pepper.
- ☐ Preheat oven to 350°F. Butter 13x9x2-inch baking dish. Cook chard in large pot of boiling salted water until tender, about 1 minute. Using slotted spoon, transfer chard to plate; cool. Reserve pot with water. Squeeze water from chard; chop finely.
- ☐ Return water in pot to boil.
- ☐ Add macaroni; cook until tender but still firm to bite, stirring occasionally.
- ☐ Drain. Stir macaroni into warm cheese sauce.
- ☐ Place half of macaroni in dish; smooth top. Top with 1 cup Edam cheese, then chard. Top with remaining macaroni mixture; spread evenly.
- ☐ Melt 3 tablespoons butter.

- ☐ Place breadcrumbs in medium bowl.
- ☐ Drizzle butter over; toss.
- ☐ Add 1/2 cup finely grated Gouda and sprinkle with salt and pepper; toss.
- ☐ Sprinkle breadcrumb mixture over mac and cheese.
- ☐ Sprinkle cumin seeds over, if desired.
- ☐ Bake mac and cheese until breadcrumbs are golden and edges are bubbling, about 40 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:31.71, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:26.967826055444%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 495.43kcal (24.77%), Fat: 28.69g (44.15%), Saturated Fat: 17.93g (112.06%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 30.31g (11.02%), Sugar: 6.45g (7.17%), Cholesterol: 98.05mg (32.68%), Sodium: 908.96mg (39.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.36%), Vitamin K: 473.12µg (450.59%), Vitamin A: 4325.43IU (86.51%), Calcium: 682.38mg (68.24%), Phosphorus: 579.65mg (57.97%), Selenium: 32.87µg (46.96%), Vitamin B2: 0.47mg (27.41%), Manganese: 0.54mg (27.02%), Vitamin B12: 1.59µg (26.44%), Zinc: 3.96mg (26.41%), Magnesium: 94.93mg (23.73%), Vitamin C: 18.2mg (22.06%), Potassium: 526.32mg (15.04%), Copper: 0.23mg (11.41%), Iron: 2.02mg (11.23%), Vitamin B6: 0.22mg (11.06%), Vitamin B1: 0.15mg (10.27%), Vitamin E: 1.5mg (9.99%), Folate: 39.28µg (9.82%), Fiber: 2.21g (8.83%), Vitamin B5: 0.72mg (7.24%), Vitamin D: 1.04µg (6.96%), Vitamin B3: 1.13mg (5.66%)