



Easy Baked Macaroni and Cheese

READY IN



95 min.

SERVINGS



8

CALORIES



951 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 1 pound elbow macaroni
- 0.5 cup flour all-purpose
- 2.5 cups gouda cheese shredded
- 4 teaspoons kosher salt as needed plus more
- 1 cup panko bread crumbs
- 1 cup parmesan cheese finely grated
- 2.5 cups sharp cheddar cheese shredded
- 10 tablespoons butter unsalted ()

- 5 cups milk whole
- 1 medium onion yellow

Equipment

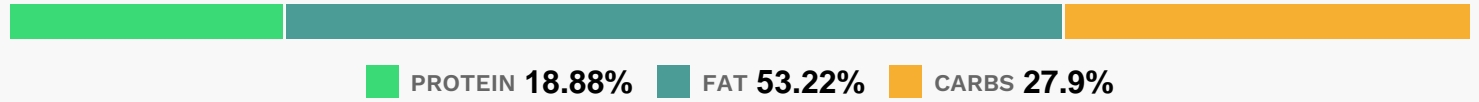
- bowl
- sauce pan
- oven
- whisk
- wire rack
- pot
- baking pan
- dutch oven

Directions

- Bring a large pot of heavily salted water to a boil over high heat.
- Heat the oven to 400°F and arrange a rack in the middle. Meanwhile, melt the butter over medium heat in a large saucepan or Dutch oven, then turn off the heat.
- Transfer 2 tablespoons of the melted butter to a medium bowl, add the panko, season with salt and pepper, and mix with your fingers until evenly combined. Set aside. Return the saucepan to medium heat, add the onion and measured salt and pepper, and cook until softened but not browned, about 6 minutes.
- Add the flour and whisk frequently until the mixture turns light brown in color, about 5 to 6 minutes. While whisking, slowly add the milk to the flour mixture until evenly combined and smooth, stopping to whisk any clumps as needed. (It will get very thick when you first add the milk.) Continue cooking, whisking occasionally, until the sauce thickens and coats the back of a spoon, about 7 minutes.
- Remove from the heat and set aside. Meanwhile, add the pasta to the boiling pot of water and cook until still chewy and underdone, usually a few minutes less than the package directions suggest (the pasta will finish cooking in the oven).
- Drain and rinse with cold water until no longer steaming; set aside. Return the milk mixture to medium heat and stir in the cheeses until melted and smooth.

- Add the rinsed pasta and continue cooking, stirring occasionally, until the pasta is heated through and steaming, about 4 to 5 minutes. Taste and season with salt and pepper if needed.
- Transfer to a 5-quart baking dish, sprinkle with the reserved panko mixture, and bake until bubbling and lightly browned on top, about 25 to 30 minutes.
- Transfer to a wire rack and let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:7.99, Inflammation Score:-8, Nutrition Score:28.931738874187%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 951.11kcal (47.56%), Fat: 56.19g (86.44%), Saturated Fat: 33.82g (211.39%), Carbohydrates: 66.25g (22.08%), Net Carbohydrates: 63.62g (23.13%), Sugar: 11.7g (13%), Cholesterol: 186.4mg (62.13%), Sodium: 2336.86mg (101.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.85g (89.71%), Calcium: 1100.71mg (110.07%), Selenium: 68.61µg (98.02%), Phosphorus: 935.04mg (93.5%), Vitamin B2: 0.77mg (45.23%), Vitamin B12: 2.56µg (42.69%), Zinc: 6.35mg (42.35%), Manganese: 0.71mg (35.4%), Vitamin A: 1563.54IU (31.27%), Magnesium: 90.61mg (22.65%), Vitamin B1: 0.31mg (20.89%), Vitamin D: 2.58µg (17.23%), Potassium: 544.08mg (15.55%), Vitamin B6: 0.3mg (14.85%), Folate: 59.38µg (14.84%), Vitamin B5: 1.36mg (13.65%), Copper: 0.25mg (12.49%), Vitamin B3: 2.18mg (10.91%), Fiber: 2.63g (10.51%), Iron: 1.81mg (10.04%), Vitamin E: 1.07mg (7.1%), Vitamin K: 5.28µg (5.03%), Vitamin C: 1.02mg (1.23%)