



## Easy Macaroni and Cheese

READY IN



12 min.

SERVINGS



4

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 cup heavy whipping cream
- ☐ 2 ounces cheese shredded
- ☐ 12 ounces .5 oz. macaroni dry
- ☐ 0.5 cup milk
- ☐ 0.3 cup panko bread crumbs
- ☐ 1 tablespoon parsley minced
- ☐ 2 teaspoons potato flour
- ☐ 5 ounces cheddar cheese shredded

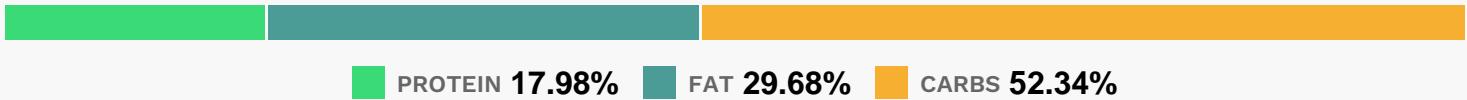
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking spatula

# Directions

- ☐ To make the breadcrumb topping, just melt the butter in a frying pan over medium heat.
- ☐ Add the parsley and fry until the sizzling has subsided.
- ☐ Add the panko and fry, stirring constantly so it browns evenly. It's done when it's about the color of the crust of sandwich bread.
- ☐ Transfer the toasted bread crumbs to a plate and wipe out the frying pan with paper towels so you can make the sauce in it. Boil the macaroni according to the package directions in well salted water. In a small bowl, add the two cheeses along with the starch and toss with you fingers to evenly distribute. When there's about 3 minutes left on the clock for the pasta, add the cream and milk to the frying pan, and place over medium heat. Bring to a simmer, then sprinkle in the cheese a small handful at a time, using a silicone spatula to stir the mixture until each addition of cheese completely melts. Continue adding the cheese in small batches and melting until its all incorporated. Salt to taste. When the macaroni is done, drain it, then add it to the cheese sauce. Stir to coat with the sauce. Plate the mac and cheese and sprinkle on the toasted bread crumbs.

# Nutrition Facts



# Properties

Glycemic Index:31, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:17.9921737702%

# Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 545.04kcal (27.25%), Fat: 17.8g (27.38%), Saturated Fat: 9.56g (59.76%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 67.56g (24.57%), Sugar: 4.36g (4.84%), Cholesterol: 50.44mg (16.81%), Sodium: 375.07mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.52%), Selenium: 68.04µg (97.21%), Manganese: 0.84mg (41.98%), Phosphorus: 414.61mg (41.46%), Calcium: 388.76mg (38.88%), Zinc: 3.13mg (20.85%), Vitamin B2: 0.31mg (18.32%), Vitamin K: 18.09µg (17.23%), Magnesium: 64.45mg (16.11%), Vitamin B12: 0.88µg (14.69%), Copper: 0.28mg (13.78%), Fiber: 3.04g (12.15%), Vitamin A: 586.39IU (11.73%), Vitamin B1: 0.16mg (10.64%), Vitamin B3: 1.89mg (9.45%), Vitamin B6: 0.18mg (9.19%), Iron: 1.54mg (8.57%), Potassium: 298.94mg (8.54%), Folate: 30.87µg (7.72%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.61µg (4.05%), Vitamin E: 0.42mg (2.78%), Vitamin C: 1.37mg (1.66%)