



Essentials: Ina Garten's Mac & Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



1296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups breadcrumbs fresh white (made from 5 slices bread, crusts removed)
- ☐ 2 cups sharp cheddar cheese extra-sharp grated
- ☐ 1 pound elbow macaroni
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cups gruyere cheese grated
- ☐ 6 servings kosher salt
- ☐ 1 quart milk
- ☐ 0.5 teaspoon nutmeg

- ☐ 8 tablespoons butter unsalted divided
- ☐ 6 servings vegetable oil

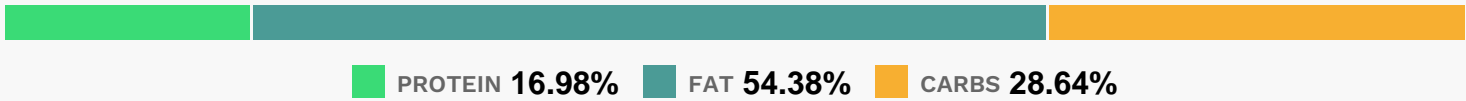
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375°F. Bring a large pot of salted water to a boil.
- ☐ Drizzle oil into the boiling water, add the macaroni, and cook according to package instructions, 6–8 minutes.
- ☐ Drain well.
- ☐ Meantime, heat the milk in a small saucepan, but do not allow it to boil. Melt 6 tablespoons butter in a large (4-quart) pot and add the flour all at once. Cook over low heat for 2 minutes, stirring with a whisk.
- ☐ Whisk in the hot milk and cook for a minute or two more, until thickened and smooth. Off heat, stir in the Gruyère, Cheddar, 1 tablespoon salt pepper, and nutmeg.
- ☐ Add the cooked macaroni and stir well.
- ☐ Pour into a 3-quart (9 x 13-inch) baking dish.
- ☐ Melt the remaining 2 tablespoons of butter, toss with the fresh bread crumbs to coat evenly, and sprinkle all over the top of the casserole.
- ☐ Bake for 30–35 minutes, or until the sauce is bubbly and the macaroni is browned on top.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:8.85, Inflammation Score:-9, Nutrition Score:35.112608319148%

Nutrients (% of daily need)

Calories: 1295.69kcal (64.78%), Fat: 78.16g (120.24%), Saturated Fat: 39.12g (244.48%), Carbohydrates: 92.63g (30.88%), Net Carbohydrates: 88.64g (32.23%), Sugar: 11.81g (13.12%), Cholesterol: 193.53mg (64.51%), Sodium: 1332.88mg (57.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.9g (109.8%), Calcium: 1421.6mg (142.16%), Selenium: 84.73µg (121.04%), Phosphorus: 1068mg (106.8%), Manganese: 1.06mg (53.24%), Vitamin B2: 0.84mg (49.51%), Zinc: 7.01mg (46.76%), Vitamin B12: 2.79µg (46.42%), Vitamin A: 1934.74IU (38.69%), Vitamin B1: 0.56mg (37.64%), Vitamin K: 32.97µg (31.4%), Magnesium: 115.71mg (28.93%), Vitamin B3: 3.98mg (19.91%), Folate: 78.99µg (19.75%), Vitamin D: 2.77µg (18.46%), Vitamin B5: 1.78mg (17.82%), Copper: 0.35mg (17.58%), Vitamin B6: 0.34mg (16.97%), Iron: 3.01mg (16.72%), Potassium: 576.84mg (16.48%), Fiber: 3.99g (15.97%), Vitamin E: 2.3mg (15.33%)