



Fannie Farmer's Classic Baked Macaroni & Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



861 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup breadcrumbs
- 4 tablespoons butter
- 1 cup cup heavy whipping cream
- 4 tablespoons flour
- 4 servings pepper fresh black to taste
- 8 ounce .5 oz. macaroni
- 1 cup milk
- 0.5 teaspoon salt

- 2 cups cheddar cheese shredded

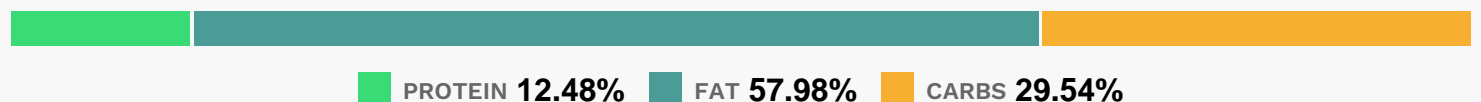
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 400°F.2 Cook and drain macaroni according to package directions; set aside.3 In a large saucepan melt butter.4
- Add flour mixed with salt and pepper, using a whisk to stir until well blended.5
- Pour milk and cream in gradually; stirring constantly.6 Bring to boiling point and boil 2 minutes (stirring constantly).7 Reduce heat and cook (stirring constantly) 10 minutes.8
- Add shredded cheddar little by little and simmer an additional 5 minutes, or until cheese melts.9 Turn off flame.10
- Add macaroni to the saucepan and toss to coat with the cheese sauce.11
- Transfer macaroni to a buttered baking dish.12
- Sprinkle with breadcrumbs.13
- Bake 20 minutes until the top is golden brown.14 (You can also freeze this recipe in zip-lock bags for later use - once you have mixed the macaroni along with the cheese sauce allow to cool to room temperature before adding to your freezer - I generally pull it out the night before and allow macaroni and cheese to reach room temperature; I then add the macaroni and cheese to a buttered baking dish, sprinkle with bread crumbs and then bake for 20 to 30 minutes, until golden brown on top and bubbling.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:5.61, Inflammation Score:-8, Nutrition Score:21.492608762306%

Nutrients (% of daily need)

Calories: 861.03kcal (43.05%), Fat: 55.64g (85.61%), Saturated Fat: 33.2g (207.48%), Carbohydrates: 63.77g (21.26%), Net Carbohydrates: 61.12g (22.22%), Sugar: 7.24g (8.04%), Cholesterol: 161.15mg (53.72%), Sodium: 891.85mg (38.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Selenium: 60.86µg (86.94%), Calcium: 555.47mg (55.55%), Phosphorus: 495.94mg (49.59%), Vitamin A: 1890.01IU (37.8%), Manganese: 0.72mg (35.87%), Vitamin B2: 0.58mg (33.86%), Zinc: 3.53mg (23.52%), Vitamin B1: 0.3mg (20.25%), Vitamin B12: 1.09µg (18.24%), Magnesium: 64.7mg (16.18%), Folate: 53.06µg (13.26%), Vitamin D: 1.96µg (13.08%), Vitamin B3: 2.44mg (12.2%), Copper: 0.24mg (11.82%), Fiber: 2.65g (10.6%), Iron: 1.9mg (10.57%), Potassium: 357.2mg (10.21%), Vitamin B6: 0.2mg (9.89%), Vitamin B5: 0.98mg (9.81%), Vitamin E: 1.41mg (9.37%), Vitamin K: 5.56µg (5.29%)