



French in a Flash: Truffled Macaroni Gratin

READY IN



45 min.

SERVINGS



4

CALORIES



1358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup crusty baguette
- 0.3 pound round of président brie
- 3 tablespoons butter black room temperature
- 3 tablespoons flour
- 3 ounces gruyere cheese grated
- 1 cup cup heavy whipping cream
- 1 pinch nutmeg
- 1 pound rigatoni
- 4 servings salt and pepper black

- 3 ounces cheddar cheese white grated
- 4 servings truffle oil black for drizzling
- 2.5 cups milk whole

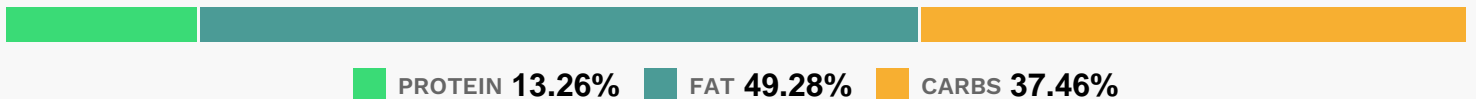
Equipment

- bowl
- baking sheet
- oven
- baking pan

Directions

- Preheat the oven to 400°F.
- Cook the rigatoni in salted boiling water until just shy of al dente. It will continue to soften in the oven, so the last thing you want is soggy over-cooked pasta.
- Mix the cooked, drained rigatoni with the cheese sauce in a large bowl.
- Add the heavy cream, and toss. Divide into 4 buttered individual gratin dishes (you could also use a large baking dish). Use your fingers to rub the remaining tablespoon of truffle butter into the bread crumbs and the reserved cheese. Divide the topping evenly over the 4 gratin dishes.
- Place the dishes on a baking sheet, and bake for 20 minutes, until the béchamel is bubbling, and the crumbs are golden.
- Drizzle with a touch of black truffle oil, and serve super hot.

Nutrition Facts



Properties

Glycemic Index:100.19, Glycemic Load:59.6, Inflammation Score:-9, Nutrition Score:34.348695939002%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1357.78kcal (67.89%), Fat: 74.3g (114.3%), Saturated Fat: 37.59g (234.96%), Carbohydrates: 127.08g (42.36%), Net Carbohydrates: 122.01g (44.37%), Sugar: 15.24g (16.93%), Cholesterol: 181.11mg (60.37%), Sodium: 1177.27mg (51.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.96g (89.93%), Selenium: 101.75µg (145.36%), Phosphorus: 747.49mg (74.75%), Calcium: 734.08mg (73.41%), Manganese: 1.38mg (69.12%), Vitamin B2: 0.91mg (53.66%), Vitamin B1: 0.63mg (41.86%), Vitamin A: 1966.79IU (39.34%), Zinc: 5.17mg (34.49%), Vitamin B12: 1.97µg (32.83%), Folate: 121.9µg (30.47%), Magnesium: 118.92mg (29.73%), Vitamin B3: 5.29mg (26.46%), Vitamin E: 3.47mg (23.13%), Iron: 4.14mg (22.98%), Vitamin B6: 0.44mg (21.9%), Copper: 0.44mg (21.87%), Fiber: 5.07g (20.3%), Vitamin D: 3.03µg (20.18%), Potassium: 697.77mg (19.94%), Vitamin B5: 1.87mg (18.72%), Vitamin K: 15.17µg (14.44%)