



Gold Cadillac Mac 'n Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter (1 stick)
- 0.3 cup cheddar crackers whole with 3 left for garnish (recommended: pepperidge farm goldfish) crushed
- 2 cups cheddar shredded yellow
- 0.5 cup chicken broth as needed
- 16 ounce elbow macaroni
- 0.5 cup flour all-purpose or as needed
- 0.5 cup heavy cream
- 4 servings salt

- 1 cup onion white chopped
- 4 servings bell pepper white

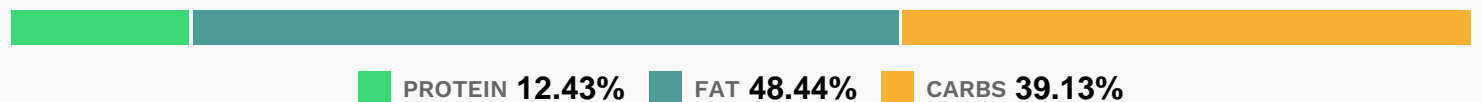
Equipment

- sauce pan
- oven
- baking pan

Directions

- Boil the pasta until al dente and drain well so that you don't have excess cooking water which will dilute the flavor. While the pasta is cooking, preheat the oven to 350 degrees F.
- Melt the butter in a large saucepan over medium heat, and add the onion, cooking until translucent.
- Add the flour a little at a time to make a roux. Do this gradually because some batches of flour absorb more than others and you may not need as much. Incorporate enough of the chicken broth a little at a time to form a smooth sauce. Simmer for a least 10 minutes to allow the flour to "cook out."
- Add the heavy cream and Cheddar, then season with salt and white pepper, to taste. Then fold in as much pasta as you need to acquire the right consistency for macaroni and cheese.
- Transfer to a 3-quart baking dish and sprinkle with crushed crackers.
- Heat in oven for a few minutes to toast the crackers.
- Garnish with the reserved whole crackers and serve.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:9.88, Inflammation Score:-9, Nutrition Score:24.87304353714%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg,

Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 1065.2kcal (53.26%), Fat: 57.37g (88.27%), Saturated Fat: 34g (212.52%), Carbohydrates: 104.25g (34.75%), Net Carbohydrates: 98.99g (36%), Sugar: 5.99g (6.65%), Cholesterol: 158.77mg (52.92%), Sodium: 917.77mg (39.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.27%), Selenium: 96.51µg (137.87%), Manganese: 1.3mg (65.23%), Phosphorus: 562.67mg (56.27%), Calcium: 517.78mg (51.78%), Vitamin A: 1784.7IU (35.69%), Vitamin B2: 0.52mg (30.69%), Zinc: 4.25mg (28.33%), Magnesium: 89.45mg (22.36%), Fiber: 5.25g (21.02%), Copper: 0.41mg (20.64%), Vitamin B1: 0.28mg (18.37%), Folate: 72.19µg (18.05%), Iron: 2.73mg (15.16%), Vitamin B3: 3.03mg (15.15%), Vitamin B6: 0.27mg (13.65%), Vitamin B12: 0.78µg (12.92%), Potassium: 418.8mg (11.97%), Vitamin E: 1.56mg (10.42%), Vitamin B5: 0.98mg (9.79%), Vitamin D: 0.86µg (5.72%), Vitamin K: 4.78µg (4.56%), Vitamin C: 3.56mg (4.31%)