



Gruyère Macaroni and Cheese

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



633 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups elbow macaroni uncooked
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 1 teaspoon garlic grated very finely chopped
- 2 cups milk
- 8 oz gruyere cheese shredded
- 1 tablespoon rosemary leaves fresh chopped

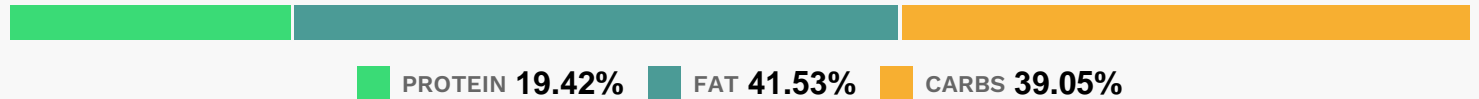
Equipment

- frying pan
- whisk

Directions

- Cook and drain macaroni as directed on package.
- In 10-inch skillet, melt butter over medium heat. Using whisk, stir in flour, salt and garlic. Cook 2 to 3 minutes, or until mixture smells nutty and is lightly golden, stirring constantly with whisk.
- Add milk. Continue to beat with whisk, scraping bottom of skillet until mixture heats to boiling.
- Mixture will thicken.
- Remove from heat; add cheese and rosemary. Stir with whisk until smooth. Stir in drained macaroni.
- Serve with additional rosemary if desired.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:4.31, Inflammation Score:-7, Nutrition Score:20.363913376694%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 632.68kcal (31.63%), Fat: 29.02g (44.65%), Saturated Fat: 16.8g (104.99%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 58.96g (21.44%), Sugar: 7.96g (8.85%), Cholesterol: 92.06mg (30.69%), Sodium: 1082.1mg (47.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.07%), Selenium: 56.23µg (80.33%), Calcium: 742.97mg (74.3%), Phosphorus: 605.76mg (60.58%), Manganese: 0.7mg (35.04%), Vitamin B12: 1.58µg (26.3%), Zinc: 3.75mg (24.97%), Vitamin B2: 0.39mg (23%), Vitamin A: 924.76IU (18.5%), Magnesium: 73.77mg (18.44%), Vitamin B1: 0.2mg (13.12%), Vitamin B6: 0.23mg (11.63%), Copper: 0.23mg (11.56%), Potassium:

397.19mg (11.35%), Vitamin D: 1.68µg (11.21%), Vitamin B5: 1.11mg (11.08%), Fiber: 2.43g (9.71%), Vitamin B3: 1.61mg (8.06%), Iron: 1.23mg (6.85%), Folate: 25.91µg (6.48%), Vitamin E: 0.46mg (3.08%), Vitamin K: 2.48µg (2.36%)