



Gussied Up Mac 'n' Cheese

READY IN



65 min.

SERVINGS



12

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage
- ☐ 16 oz pasta
- ☐ 8 oz cheddar cheese smoked shredded
- ☐ 16 oz cheese prepared cut into 1-inch cubes
- ☐ 0.5 cup gouda cheese shredded
- ☐ 4 cups cup heavy whipping cream
- ☐ 0.5 cup parmesan shredded
- ☐ 5 oz potato chips unsalted crumbled
- ☐ 1 tablespoon salt

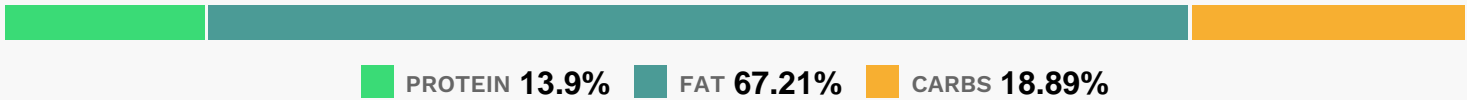
Equipment

- ☐ paper towels
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Prepare pasta according to package directions for al dente, adding salt to water.
- ☐ Meanwhile, cut sausage lengthwise into quarters.
- ☐ Cut each quarter into 1/4-inch-thick pieces.
- ☐ Saut sausage in a Dutch oven over medium-high heat 3 minutes or until browned around edges; drain on paper towels.
- ☐ Bring cream to a simmer in Dutch oven over medium-high heat; reduce heat to low, and stir in cheese product. Cook, stirring constantly, until cheese is melted. Stir in sausage and remaining cheeses; cook, stirring constantly, until cheeses are melted.
- ☐ Remove from heat; stir in hot cooked pasta.
- ☐ Pour mixture into a buttered 3-qt. baking dish or 12 (8-oz.) ramekins; top with potato chips.
- ☐ Bake at 375 for 20 minutes or until bubbly and browned.
- ☐ Remove from oven, and let stand 5 minutes.
- ☐ Note: We tested with Velveeta.
- ☐ *Lightly salted potato chips may be substituted.
- ☐ Recipe adapted from Fire In My Belly.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:11.82, Inflammation Score:-8, Nutrition Score:19.733043380406%

Nutrients (% of daily need)

Calories: 816.99kcal (40.85%), Fat: 61.42g (94.5%), Saturated Fat: 33.73g (210.79%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 37.26g (13.55%), Sugar: 4.01g (4.46%), Cholesterol: 176.67mg (58.89%), Sodium: 1339.45mg (58.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.59g (57.18%), Selenium: 48.89µg (69.84%), Calcium: 584.04mg (58.4%), Phosphorus: 506.11mg (50.61%), Vitamin A: 1830.11IU (36.6%), Vitamin B2: 0.51mg (30.13%), Zinc: 3.9mg (25.98%), Manganese: 0.44mg (21.79%), Vitamin B12: 1.12µg (18.58%), Vitamin E: 2.63mg (17.52%), Magnesium: 56.07mg (14.02%), Vitamin B5: 1.3mg (13.02%), Vitamin D: 1.94µg (12.96%), Vitamin B3: 2.46mg (12.3%), Potassium: 425.58mg (12.16%), Vitamin B6: 0.23mg (11.59%), Vitamin B1: 0.14mg (9.63%), Copper: 0.18mg (9.15%), Folate: 27.86µg (6.97%), Vitamin K: 6.85µg (6.52%), Fiber: 1.58g (6.3%), Iron: 1.1mg (6.12%), Vitamin C: 3.03mg (3.67%)