



Ideas in Food's Macaroni and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



1282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 60 grams breadcrumbs fresh
- ☐ 1.5 grams ground pepper
- ☐ 285 grams cheddar cheese grated (we like extra sharp)
- ☐ 453 grams elbow macaroni dried
- ☐ 12 ounce evaporated milk canned
- ☐ 50 grams parmesan grated
- ☐ 285 grams pepper jack cheese grated
- ☐ 4.5 grams salt
- ☐ 45 grams butter unsalted melted

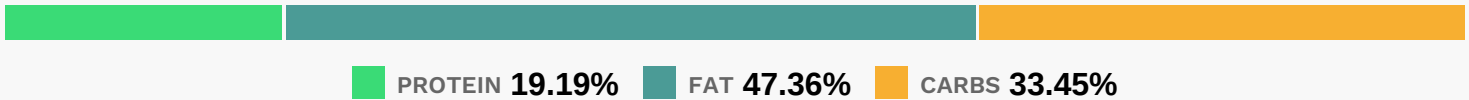
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Put the macaroni in a large bowl and cover with the water.
- ☐ Let the pasta soak for an hour, stirring occasionally; then drain it and use as follows. It will finish cooking in the sauce.
- ☐ Turn the broiler on low. Butter a 3-quart baking dish.
- ☐ Put the butter, evaporated milk, salt, and cayenne in a 3-quart pot over medium heat. When the butter is melted and the milk is just steaming, slowly stir in the Cheddar and Jack cheeses, handful by handful, until they are both incorporated and evenly melted. When the sauce is made, stir in the soaked macaroni and cook over medium heat for 10 minutes. The pasta will absorb some sauce and the mixture will thicken slightly.
- ☐ Pour the mixture into the prepared baking dish and spread it out evenly. In a small bowl, combine the bread crumbs and Parmigiano cheese; sprinkle them over the pasta.
- ☐ Drizzle with the melted butter.
- ☐ Put the pan on the middle oven rack, centered under the broiler, and broil the pasta for 5 minutes. When the topping is golden brown, remove the pasta from the oven and let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:33.23869562149%

Nutrients (% of daily need)

Calories: 1281.54kcal (64.08%), Fat: 67.17g (103.33%), Saturated Fat: 39.53g (247.06%), Carbohydrates: 106.74g (35.58%), Net Carbohydrates: 102.34g (37.22%), Sugar: 13.23g (14.7%), Cholesterol: 192.01mg (64%), Sodium: 1737.85mg (75.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.23g (122.46%), Selenium: 110.76µg (158.23%), Calcium: 1460mg (146%), Phosphorus: 1144.66mg (114.47%), Vitamin B2: 1.04mg (61.06%), Manganese: 1.21mg (60.4%), Zinc: 7.59mg (50.57%), Vitamin A: 1999.9IU (40%), Magnesium: 131.67mg (32.92%), Vitamin B12: 1.7µg (28.41%), Vitamin B1: 0.32mg (21.66%), Copper: 0.43mg (21.65%), Potassium: 674.06mg (19.26%), Folate: 72.64µg (18.16%), Fiber: 4.4g (17.6%), Vitamin B6: 0.35mg (17.39%), Iron: 3.12mg (17.35%), Vitamin B3: 3.26mg (16.3%), Vitamin B5: 1.63mg (16.26%), Vitamin E: 1.39mg (9.28%), Vitamin D: 1.17µg (7.81%), Vitamin K: 6.41µg (6.1%), Vitamin C: 1.9mg (2.31%)