



Individual Baked Mac and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 ounces cheddar cheese grated reduced-fat
- ☐ 6 cups elbow macaroni cooked
- ☐ 0.3 cup flour
- ☐ 2 ounces gouda cheese smoked grated
- ☐ 0.1 teaspoon nutmeg
- ☐ 2.5 cups milk 1% low-fat ()
- ☐ 2 ounces swiss cheese grated reduced-fat

- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 2 teaspoons parsley chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons thyme leaves chopped

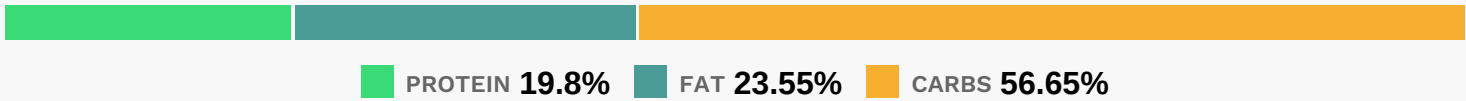
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ In a medium saucepan, whisk together milk and flour and bring to a boil over high heat. Reduce heat, add nutmeg, and cook, stirring, until thickened (about 10 minutes).
- ☐ Add cheddar cheese, gouda cheese, gruyre or swiss cheese, and cayenne pepper; whisk until melted (1 minute).
- ☐ Add cooked elbow macaroni and stir to combine. In a small bowl, toss bread crumbs, Parmesan cheese, thyme, parsley, olive oil, salt, and pepper.
- ☐ Place 6 individual crocks, ramekins, or ovenproof bowls on a rimmed baking sheet; spoon 1 cup macaroni mixture into each ramekin and sprinkle each with 1/6 bread-crumb topping.
- ☐ Bake at 400 until topping is browned and cheese is bubbling (30–35 minutes).

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:23.29, Inflammation Score:-8, Nutrition Score:17.350869764452%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg

Nutrients (% of daily need)

Calories: 476.22kcal (23.81%), Fat: 12.31g (18.94%), Saturated Fat: 6.09g (38.09%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 62.99g (22.91%), Sugar: 7.2g (8%), Cholesterol: 34.62mg (11.54%), Sodium: 486.72mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.55%), Selenium: 52.5µg (75.01%), Calcium: 442.71mg (44.27%), Phosphorus: 403.25mg (40.33%), Manganese: 0.68mg (34.19%), Vitamin B2: 0.4mg (23.64%), Vitamin B1: 0.31mg (20.61%), Vitamin B12: 1.14µg (19%), Zinc: 2.78mg (18.54%), Magnesium: 57.87mg (14.47%), Fiber: 3.62g (14.47%), Folate: 46.67µg (11.67%), Iron: 2.02mg (11.22%), Vitamin B3: 2.22mg (11.09%), Copper: 0.21mg (10.57%), Vitamin A: 486.4IU (9.73%), Vitamin B6: 0.18mg (9.13%), Potassium: 301.91mg (8.63%), Vitamin D: 1.23µg (8.21%), Vitamin B5: 0.73mg (7.34%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.39mg (2.58%), Vitamin C: 1.18mg (1.43%)