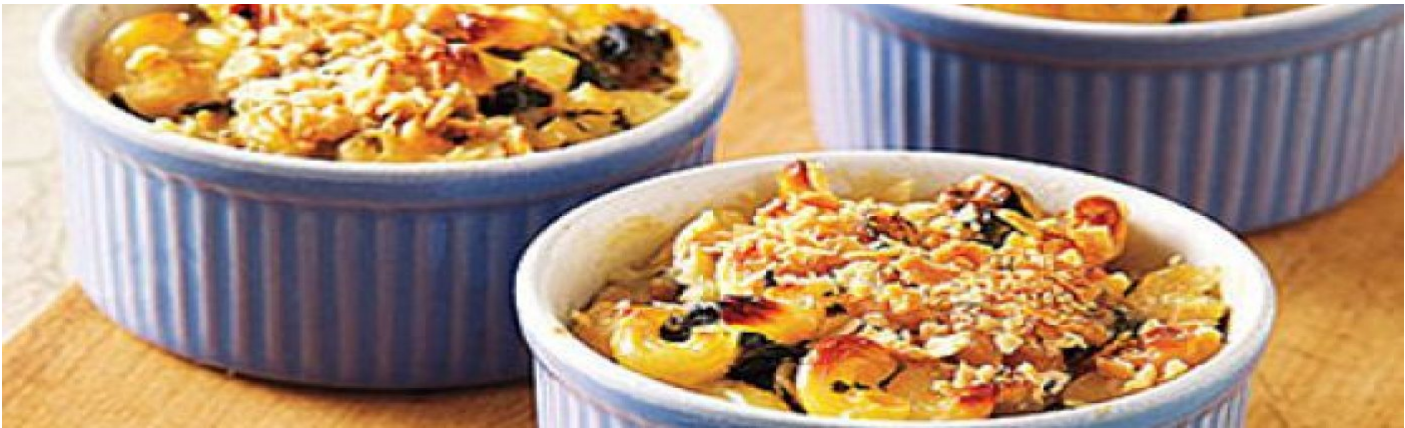


SIDE DISH

Individual Spinach Mac and Cheese Gratins

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	15 min	10 min	8	\$1.13	491 kcal



If you want to add more American recipes to your collection, Individual Spinach Mac and Cheese Gratsins might be a recipe you should try. This side dish has 491 calories, 20g of protein, and 27g of fat per serving. This recipe serves 8 and costs \$1.13 per serving.

Ingredients

- ☐ 2 tablespoons Dijon mustard
- ☐ 3¼ cups half-and-half
- ☐ 12 saltines, crushed
- ☐ 10 oz package frozen chopped spinach, thawed and squeezed dry
- ☐ 12 ounces elbow macaroni
- ☐ 8 servings Salt
- ☐ 12 ounces shredded Cheddar

EQUIPMENT Oven, Pot

Method

- 1 Preheat oven to 400F. Cook macaroni in a pot of boiling salted water until just tender, about 2 minutes less than package label directs.
- 2 Drain; return to pot. Off heat, stir in half-and-half, cheese, mustard, spinach and 1 tsp. salt.
- 3 Divide macaroni mixture among eight small ovenproof dishes.
- 4 Sprinkle each with cracker crumbs.
- 5 Bake until macaroni mixture is bubbling and cracker crumbs are golden, about 10 minutes.

Nutrition per serving			
	491	20 g	27 g
	KCAL	PROTEIN	FAT
			42 g
			CARBS
Saturated Fat			15.3 g · 96% of daily needs
Fibre			2.7 g · 11% of daily needs
Sugar			5.7 g · 6% of daily needs
Sodium			644 mg · 28% of daily needs
Cholesterol			76.9 mg · 26% of daily needs
Vitamin C			2.9 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/individual-spinach-mac-and-cheese-gratins-142424