



Julie's Famous Macaroni and Cheese

 Vegetarian  Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



7703 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter
- 1 cup curd cottage cheese
- 8 ounces colby jack cheese shredded
- 5.5 ounce seasoned croutons new york brand® (such as Texas Toast Sea Salt and Pepper)
- 16 ounce elbow macaroni
- 48 fluid ounce evaporated milk canned
- 0.8 cup flour all-purpose
- 2 teaspoons ground mustard dry

- 0.5 teaspoon ground pepper black
- 8 ounces processed cheese food cubed velveeta® (such as)
- 1 teaspoon salt
- 8 ounces sharp cheddar cheese shredded
- 1 large onion yellow minced

Equipment

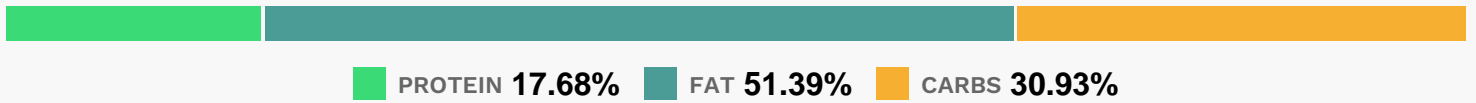
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- aluminum foil
- colander

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Melt 3/4 cup of butter in a saucepan over medium heat, and stir in salt, black pepper, and dry mustard.
- Add the onion, stir a few times to coat with butter, and cook until translucent, stirring occasionally, about 5 minutes. Gradually stir in the flour, and mix until smoothly combined with the butter. Gradually pour in the evaporated milk, and whisk until the sauce is thickened and bubbly, about 5 more minutes.

- Stirring constantly, mix in the Cheddar cheese, processed cheese, and Colby Jack cheese until the cheeses have melted and incorporated into the sauce. Stir in the cottage cheese.
- Mix the cheese mixture with the cooked macaroni in a large bowl, then pour into a large foil baking pan.
- Melt 1/2 cup of butter in a large skillet, and toss the seasoned croutons with the butter until thoroughly coated. Press the buttered croutons into the top of the macaroni and cheese.
- Bake in the preheated oven until the casserole is bubbly and the croutons have turned golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:265, Glycemic Load:60.69, Inflammation Score:-10, Nutrition Score:84.93173930956%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 7702.96kcal (385.15%), Fat: 439.79g (676.6%), Saturated Fat: 258.98g (1618.64%), Carbohydrates: 595.43g (198.48%), Net Carbohydrates: 575.1g (209.13%), Sugar: 174.23g (193.59%), Cholesterol: 1360.39mg (453.46%), Sodium: 72332.37mg (3144.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 340.5g (681%), Calcium: 9630.84mg (963.08%), Phosphorus: 7808.13mg (780.81%), Selenium: 524.77µg (749.67%), Vitamin B2: 8.04mg (472.67%), Manganese: 5.61mg (280.6%), Zinc: 40.53mg (270.19%), Vitamin A: 13202.42IU (264.05%), Magnesium: 833.04mg (208.26%), Potassium: 6694.92mg (191.28%), Vitamin B12: 11.06µg (184.26%), Vitamin B5: 15.27mg (152.73%), Vitamin B1: 2.11mg (140.65%), Folate: 537.11µg (134.28%), Copper: 2.15mg (107.72%), Vitamin B6: 2.15mg (107.6%), Iron: 17.94mg (99.69%), Vitamin B3: 17.13mg (85.66%), Fiber: 20.34g (81.35%), Vitamin E: 10.02mg (66.81%), Vitamin C: 38.35mg (46.49%), Vitamin D: 5.71µg (38.08%), Vitamin K: 37.11µg (35.35%)