



## Mac and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



1010 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 cups bread crumbs fresh white (5 slices, crusts removed)
- 2 cups cheddar extra-sharp grated
- 1 pound elbow macaroni
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground nutmeg
- 4 cups gruyere cheese grated
- 8 servings kosher salt
- 1 quart milk

- 0.8 pound tomatoes fresh (4 small)
- 8 tablespoons butter unsalted divided (1 stick)
- 8 servings vegetable oil

## Equipment

- sauce pan
- oven
- whisk
- pot
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Drizzle oil into a large pot of boiling salted water.
- Add the macaroni and cook according to the directions on the package, 6 to 8 minutes.
- Drain well.
- Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt 6 tablespoons of butter in a large (4-quart) pot and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or two more, until thickened and smooth. Off the heat, add the Gruyere, Cheddar, 1 tablespoon salt, pepper, and nutmeg.
- Add the cooked macaroni and stir well.
- Pour into a 3-quart baking dish.
- Slice the tomatoes and arrange on top. Melt the remaining 2 tablespoons of butter, combine them with the fresh bread crumbs, and sprinkle on the top.
- Bake for 30 to 35 minutes, or until the sauce is bubbly and the macaroni is browned on the top.

## Nutrition Facts



■ PROTEIN 16.45% ■ FAT 55.4% ■ CARBS 28.15%

## Properties

Glycemic Index:35, Glycemic Load:7.07, Inflammation Score:-8, Nutrition Score:30.298261124155%

## Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 1010.36kcal (50.52%), Fat: 62.2g (95.7%), Saturated Fat: 29.88g (186.77%), Carbohydrates: 71.13g (23.71%), Net Carbohydrates: 67.63g (24.59%), Sugar: 9.97g (11.08%), Cholesterol: 145.15mg (48.38%), Sodium: 1050.24mg (45.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.55g (83.1%), Calcium: 1070.48mg (107.05%), Selenium: 63.55µg (90.78%), Phosphorus: 811.2mg (81.12%), Manganese: 0.85mg (42.36%), Vitamin B2: 0.64mg (37.61%), Vitamin A: 1805.28IU (36.11%), Zinc: 5.33mg (35.55%), Vitamin B12: 2.09µg (34.82%), Vitamin K: 34.52µg (32.88%), Vitamin B1: 0.44mg (29.28%), Magnesium: 91.46mg (22.87%), Folate: 65.62µg (16.4%), Vitamin B3: 3.24mg (16.19%), Potassium: 533.42mg (15.24%), Vitamin E: 2.24mg (14.93%), Copper: 0.29mg (14.44%), Vitamin B6: 0.29mg (14.43%), Fiber: 3.5g (14.02%), Vitamin D: 2.08µg (13.84%), Vitamin B5: 1.37mg (13.74%), Iron: 2.37mg (13.18%), Vitamin C: 5.83mg (7.07%)