



Mac and Cheese



Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



1055 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 teaspoon pepper black freshly ground



1.5 cups bread crumbs fresh white



3 ounces truffle butter white recommended: D'Artagnan



2.5 cups cheddar extra-sharp grated



3 tablespoons cream sherry



0.5 pound cremini mushrooms sliced



0.5 cup flour all-purpose



2 garlic cloves chopped

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 cups gruyère cheese grated
- ☐ 8 servings kosher salt
- ☐ 8 servings olive oil good
- ☐ 3 tablespoons freshly parsley leaves chopped
- ☐ 1 pound soup noodles such as cavatappi
- ☐ 0.5 pound mushroom caps sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 1 quart milk whole

Equipment

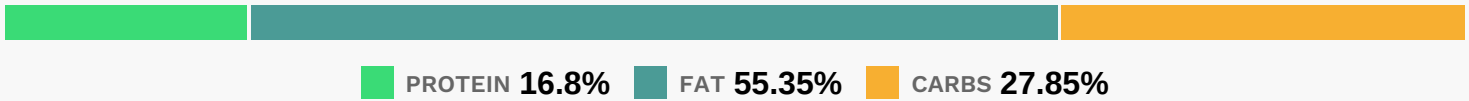
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat the butter and 2 tablespoons of olive oil in a large (12-inch) saute pan, add the mushrooms, and cook over medium heat for 3 to 5 minutes, until they are tender.
- ☐ Add the sherry and continue to saute for a few more minutes, until the sherry is absorbed. Set aside.
- ☐ Bring a large pot of water to a boil and add a splash of olive oil and a pinch of salt.

- ☐ Add the pasta and cook for 6 to 8 minutes, until al dente.
- ☐ Drain well.
- ☐ Meanwhile, melt the truffle butter in a large (4-quart) saucepan and whisk in the flour. Cook for 2 minutes over low heat, stirring constantly with a whisk. Slowly whisk in the hot milk and cook for 2 minutes, stirring constantly with a wooden spoon, until the white sauce is thickened and creamy. Off the heat, add the Gruyere, Cheddar, 1 1/2 tablespoons salt, the pepper, and nutmeg.
- ☐ Combine the pasta, sauce, and mushrooms in a large bowl and pour them into a 10 by 13 by 2-inch baking dish.
- ☐ Place the garlic and parsley in the bowl of a food processor fitted with the steel blade and pulse until they're minced.
- ☐ Add the bread crumbs and pulse to combine.
- ☐ Sprinkle the crumbs over the pasta and bake for 35 to 45 minutes, until the sauce is bubbly and the crumbs are golden brown.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:24.22, Inflammation Score:-8, Nutrition Score:34.194782381472%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1054.92kcal (52.75%), Fat: 64.81g (99.71%), Saturated Fat: 31.1g (194.4%), Carbohydrates: 73.36g (24.45%), Net Carbohydrates: 69.39g (25.23%), Sugar: 10.12g (11.24%), Cholesterol: 152.49mg (50.83%), Sodium: 1167.31mg (50.75%), Alcohol: 0.58g (100%), Alcohol %: 0.18% (100%), Protein: 44.27g (88.55%), Calcium: 1126.49mg (112.65%),

Selenium: 74.65µg (106.65%), Phosphorus: 902.37mg (90.24%), Vitamin B2: 0.87mg (50.95%), Manganese: 0.94mg (47.1%), Zinc: 6.16mg (41.05%), Vitamin K: 38.86µg (37.01%), Vitamin B12: 2.19µg (36.54%), Vitamin A: 1652.21IU (33.04%), Vitamin B1: 0.46mg (30.66%), Vitamin B3: 5.2mg (25.99%), Magnesium: 98.63mg (24.66%), Copper: 0.45mg (22.64%), Vitamin B5: 2.23mg (22.31%), Vitamin E: 2.95mg (19.69%), Vitamin B6: 0.39mg (19.38%), Potassium: 668.41mg (19.1%), Folate: 73.88µg (18.47%), Fiber: 3.97g (15.88%), Iron: 2.71mg (15.04%), Vitamin D: 2.1µg (14.02%), Vitamin C: 2.23mg (2.71%)