



Mac and Cheese Bake

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



806 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup bread crumbs
- ☐ 2 tablespoons butter melted
- ☐ 20 ounces elbow macaroni
- ☐ 0.4 cup flour all-purpose
- ☐ 6 cups milk
- ☐ 1.5 pounds sharp cheddar cheese shredded

Equipment

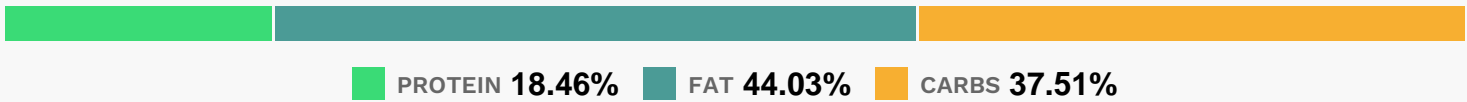
- ☐ bowl

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain.
- ☐ Melt 1/2 cup butter in a large pot over medium heat; stir flour into butter until smooth. Stream milk into the butter mixture while stirring; bring to a boil. Cook and stir until thickened, about 2 minutes.
- ☐ Reduce heat to medium-low.
- ☐ Add Cheddar cheese in small batches, stirring each into the milk mixture and melting until adding the next.
- ☐ Add macaroni and stir to coat.
- ☐ Pour macaroni into prepared baking dish.
- ☐ Stir bread crumbs and melted butter together in a small bowl; sprinkle over the macaroni.
- ☐ Bake in preheated oven until the top is golden brown, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:7.04, Inflammation Score:-8, Nutrition Score:26.442608584528%

Nutrients (% of daily need)

Calories: 806.16kcal (40.31%), Fat: 39.28g (60.42%), Saturated Fat: 21.86g (136.62%), Carbohydrates: 75.3g (25.1%), Net Carbohydrates: 72.42g (26.34%), Sugar: 11.62g (12.91%), Cholesterol: 114.53mg (38.18%), Sodium: 726.75mg (31.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.09%), Selenium: 76.91µg (109.87%), Calcium: 861.51mg (86.15%), Phosphorus: 732.18mg (73.22%), Vitamin B2: 0.74mg (43.59%), Manganese: 0.8mg (39.94%), Zinc: 5.06mg (33.75%), Vitamin B12: 1.93µg (32.19%), Vitamin A: 1236.11IU (24.72%), Vitamin B1: 0.34mg (22.33%), Magnesium: 88.2mg (22.05%), Vitamin D: 2.52µg (16.82%), Potassium: 524.99mg (15%), Vitamin B6: 0.29mg (14.29%), Vitamin B5: 1.42mg (14.25%), Copper: 0.27mg (13.45%), Folate: 52.28µg (13.07%), Vitamin B3: 2.46mg

(12.3%), Fiber: 2.88g (11.53%), Iron: 1.82mg (10.11%), Vitamin E: 0.9mg (6%), Vitamin K: 3.59μg (3.42%)