



## Mac and Cheese Dog Casserole

READY IN



30 min.

SERVINGS



6

CALORIES



662 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons all- purpose flour
- 0.5 cup beer canned
- 1 tablespoon butter
- 1 pound elbow macaroni
- 1 package pork hot dogs chopped
- 2 tablespoons catsup
- 2 cups milk
- 2 tablespoons olive oil extra-virgin divided
- 1 medium onion finely chopped

- 6 servings bell pepper
- 6 servings salt
- 3 cups sharp cheddar shredded yellow divided (Buy preshredded cheese. You will need)
- 1 tablespoon spicy mustard

## Equipment

- frying pan
- paper towels
- whisk
- pot
- broiler
- slotted spoon

## Directions

- Watch how to make this recipe.
- Boil a large pot of water for macaroni. Salt water and under cook macaroni, cook about 7 minutes until just under al dente in doneness.
- Preheat broiler and set rack 12 inches from heat.
- While pasta works, heat a large deep nonstick skillet over medium-high heat.
- Add 1 tablespoon extra-virgin olive oil, 1 turn of the pan, then add hot dogs and brown on both sides, 4 minutes total.
- Remove the dogs with a slotted spoon to a paper towel lined plate.
- Add another tablespoon extra-virgin olive oil, 1 turn of the pan, and the butter. When butter melts, cook onions 4 to 5 minutes, then add flour and cook another minute.
- Add beer and cook off completely, 1 minute.
- Whisk in milk and bring to a bubble, then season the sauce with salt and pepper and stir in the mustard and ketchup. Lower heat and add 2 cups of the cheese. Stir to melt, 1 minute. Adjust mustard, ketchup, and salt and pepper, to your taste.
- Drain pasta well.

Combine pasta and hot dogs with sauce and coat evenly then pour into large casserole and top with remaining cheese. Melt and brown cheese under broiler, 2 minutes.

Serve.

## Nutrition Facts

**PROTEIN 16.4%** **FAT 40.59%** **CARBS 43.01%**

### Properties

Glycemic Index:51.5, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:28.880869658097%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

### Nutrients (% of daily need)

Calories: 661.74kcal (33.09%), Fat: 29.93g (46.05%), Saturated Fat: 14.49g (90.55%), Carbohydrates: 71.36g (23.79%), Net Carbohydrates: 66.87g (24.32%), Sugar: 11.22g (12.46%), Cholesterol: 71.74mg (23.91%), Sodium: 764.25mg (33.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.42%), Vitamin C: 96.93mg (117.49%), Selenium: 67.36µg (96.23%), Vitamin A: 3116.98IU (62.34%), Calcium: 529.05mg (52.91%), Phosphorus: 516.69mg (51.67%), Manganese: 0.85mg (42.57%), Vitamin B2: 0.51mg (30.01%), Zinc: 3.75mg (25.01%), Vitamin B6: 0.45mg (22.28%), Magnesium: 78.52mg (19.63%), Fiber: 4.49g (17.94%), Vitamin B12: 1.05µg (17.45%), Folate: 68.58µg (17.14%), Vitamin E: 2.55mg (16.97%), Potassium: 542.94mg (15.51%), Vitamin B1: 0.21mg (13.88%), Copper: 0.27mg (13.53%), Vitamin B3: 2.43mg (12.17%), Vitamin B5: 1.15mg (11.47%), Iron: 1.65mg (9.17%), Vitamin D: 1.23µg (8.22%), Vitamin K: 8.57µg (8.16%)