



Mac and Cheese Two Ways

READY IN



42 min.

SERVINGS



4

CALORIES



1153 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 3 tablespoons flour all-purpose
- 0.5 cup half-and-half
- 4 ounces pecorino cheese grated
- 1 pound penne pasta
- 20 grinds pepper black
- 4 servings salt
- 8 ounces sharp cheddar shredded
- 8 ounces mozzarella cheese shredded

2 cups milk whole

Equipment

sauce pan

oven

mixing bowl

pot

baking pan

Directions

Cook pasta until al dente in a large pot of boiling salted water.

Drain.

Meanwhile, in a large saucepan, melt the butter over medium heat.

Add the flour and stir to form a smooth paste. Cook for about 2 minutes, being careful not to brown. Gradually add the milk and the half-and-half and simmer until thickened slightly, stirring all the while.

Remove from the heat. Stir in the 3 cheeses and season with black pepper, to taste.

Add the cooked pasta and mix into the cheese sauce thoroughly.

Preheat oven to 400 degrees F.

cup coarse bread crumbs

tablespoon butter, melted

tablespoons chopped fresh parsley

Salt

Pour half of the mac and cheese into an 8 by 8 by 2-inch baking dish. In a mixing bowl toss the bread crumbs together with the melted butter, parsley, and salt, to taste. Top the mac and cheese with the bread crumb mixture and bake 15 minutes or until the topping has nicely browned and pasta is bubbly and creamy.

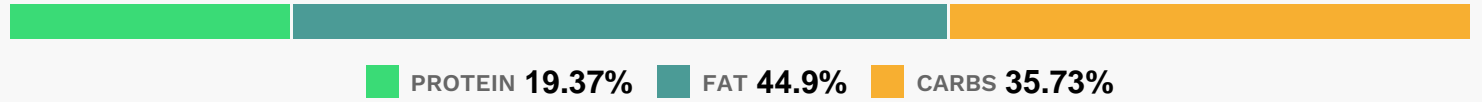
tablespoons chili powder

A few dashes dried red chili flakes

cup crushed yellow corn chips

- tablespoon vegetable oil
- small lime, zested
- Stir the chili powder and chili flakes into half of the mac and cheese base.
- Pour into an 8 by 8 by 2-inch baking dish. In a mixing bowl combine the crushed corn chips together with the oil and the lime zest. Top the mac and cheese with the corn chip mixture and bake 15 minutes or until the topping has nicely browned and pasta is bubbly and creamy.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:40.92, Inflammation Score:-8, Nutrition Score:34.117391362138%

Nutrients (% of daily need)

Calories: 1152.99kcal (57.65%), Fat: 57.42g (88.33%), Saturated Fat: 33.38g (208.63%), Carbohydrates: 102.82g (34.27%), Net Carbohydrates: 97.78g (35.56%), Sugar: 11.18g (12.42%), Cholesterol: 178.78mg (59.59%), Sodium: 1400.54mg (60.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.72g (111.44%), Selenium: 107.01µg (152.87%), Calcium: 1220.71mg (122.07%), Phosphorus: 1058.63mg (105.86%), Manganese: 1.75mg (87.5%), Vitamin B2: 0.85mg (50.05%), Vitamin B12: 2.95µg (49.09%), Zinc: 6.79mg (45.29%), Vitamin A: 1663.53IU (33.27%), Magnesium: 126.04mg (31.51%), Copper: 0.44mg (21.99%), Fiber: 5.05g (20.18%), Potassium: 661.97mg (18.91%), Vitamin B1: 0.27mg (18.23%), Vitamin B6: 0.35mg (17.61%), Vitamin B5: 1.57mg (15.72%), Iron: 2.8mg (15.54%), Vitamin D: 2.05µg (13.67%), Vitamin B3: 2.59mg (12.96%), Folate: 50.64µg (12.66%), Vitamin K: 13.1µg (12.47%), Vitamin E: 1.16mg (7.72%)