



## Mac and Two Cheeses with Caramelized Shallots

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 tablespoons flour
- ☐ 3 tablespoons butter plus more for baking dish
- ☐ 2 cups elbow macaroni
- ☐ 0.7 cup goat cheese fresh crumbled soft
- ☐ 1.3 cups half and half
- ☐ 2.5 teaspoons hot sauce (such as Cholula)
- ☐ 3 cups shallots sliced ( 6)

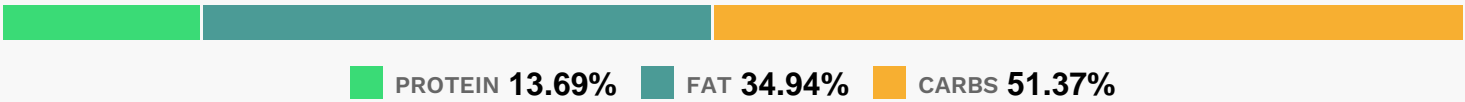
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Preheat oven to 400°F. Butter 11x7x2-inch glass baking dish. Melt 3 tablespoons butter in heavy large skillet over medium-high heat.
- ☐ Add shallots; sprinkle with salt and pepper. Cover and cook 5 minutes, stirring often. Reduce heat to medium. Cook, covered, until shallots are deep brown, stirring often, about 6 minutes.
- ☐ Meanwhile, cook macaroni in large saucepan of boiling salted water until just tender but still firm to bite, stirring occasionally; drain well. Reserve pan. Bring half and half and hot sauce to simmer in same saucepan over medium heat. Toss cheddar cheese and flour in medium bowl to coat; add to half and half mixture.
- ☐ Whisk until sauce is smooth and just return to simmer, about 2 minutes.
- ☐ Mix in pasta. Season with salt and pepper.
- ☐ Spread pasta mixture in prepared dish. Top with shallots, then goat cheese.
- ☐ Sprinkle with pepper.
- ☐ Bake until heated through, about 15 minutes.
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:25.83, Glycemic Load:5.86, Inflammation Score:-7, Nutrition Score:15.173912978691%

## Nutrients (% of daily need)

Calories: 448.14kcal (22.41%), Fat: 17.64g (27.14%), Saturated Fat: 10.97g (68.57%), Carbohydrates: 58.35g (19.45%),  
Net Carbohydrates: 53.02g (19.28%), Sugar: 12.89g (14.33%), Cholesterol: 44.3mg (14.77%), Sodium: 229.66mg  
(9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.11%), Selenium: 33.94µg (48.48%),  
Manganese: 0.81mg (40.63%), Vitamin B6: 0.57mg (28.31%), Phosphorus: 275.53mg (27.55%), Copper: 0.43mg  
(21.56%), Fiber: 5.33g (21.34%), Potassium: 578.36mg (16.52%), Vitamin B2: 0.26mg (15.2%), Magnesium: 59.29mg  
(14.82%), Iron: 2.63mg (14.59%), Calcium: 144.92mg (14.49%), Folate: 56.9µg (14.23%), Vitamin C: 11.16mg (13.53%),  
Vitamin A: 621.38IU (12.43%), Vitamin B1: 0.16mg (10.76%), Zinc: 1.58mg (10.54%), Vitamin B5: 0.88mg (8.79%),  
Vitamin B3: 1.31mg (6.56%), Vitamin E: 0.44mg (2.9%), Vitamin B12: 0.16µg (2.59%), Vitamin K: 2.64µg (2.51%)