



Macaroni and Cheddar Cheese



Vegetarian

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READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

914 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups percent milk whole
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons flour
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt
- ☐ 3 cups cheddar cheese shredded white

☐ 1 pound to al dente with a little bite to it cooked

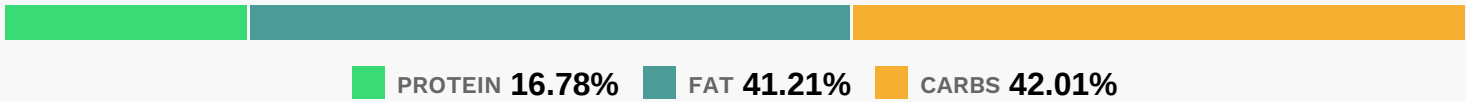
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a medium, deep skillet over medium heat.
- ☐ Add oil and butter. When butter melts into the oil, add flour and combine. Gently cook, whisking flour and butter together, until smooth and flour has had a chance to cook, about 3 minutes. Slowly add milk while continuing to whisk. Gently bring milk to a bubble while stirring frequently. Allow the milk to thicken a bit, then stir in 2 cups of shredded Cheddar cheese a handful at a time. Season sauce with nutmeg and cayenne. Taste and add a little salt, if you like.
- ☐ Add cooked pasta to sauce and coat completely by turning over and over in the cheese sauce.
- ☐ Transfer to a baking dish and top with remaining cheese.
- ☐ Place baking dish under a hot broiler and brown the Cheddar cheese on top.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:3.73, Inflammation Score:-8, Nutrition Score:25.229565479185%

Nutrients (% of daily need)

Calories: 914.05kcal (45.7%), Fat: 41.62g (64.04%), Saturated Fat: 21.86g (136.61%), Carbohydrates: 95.48g (31.83%), Net Carbohydrates: 91.61g (33.31%), Sugar: 7.89g (8.77%), Cholesterol: 106.88mg (35.63%), Sodium: 841.72mg (36.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.12g (76.25%), Selenium: 99.86µg

(142.65%), Calcium: 732.52mg (73.25%), Phosphorus: 692.55mg (69.26%), Manganese: 1.11mg (55.47%), Vitamin B2: 0.64mg (37.47%), Zinc: 5.19mg (34.59%), Magnesium: 94.75mg (23.69%), Vitamin A: 1166.66IU (23.33%), Vitamin B12: 1.38µg (22.99%), Copper: 0.37mg (18.61%), Fiber: 3.87g (15.47%), Vitamin B1: 0.21mg (13.8%), Folate: 53.46µg (13.37%), Vitamin B6: 0.26mg (12.96%), Potassium: 453.2mg (12.95%), Vitamin B3: 2.4mg (12.01%), Vitamin B5: 1.19mg (11.86%), Iron: 1.93mg (10.71%), Vitamin E: 1.49mg (9.96%), Vitamin K: 5.04µg (4.8%), Vitamin D: 0.51µg (3.39%)