



Macaroni and Cheese

READY IN



65 min.

SERVINGS



6

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 5 slices bacon crumbled cooked
- ☐ 1 pound cavatappi pasta cooked
- ☐ 1 teaspoon mustard dry
- ☐ 0.5 cup flour all-purpose
- ☐ 1 Dash hot sauce
- ☐ 4 cups milk
- ☐ 0.3 teaspoon nutmeg freshly grated

- ☐ 0.5 cup parmesan freshly grated for topping
- ☐ 1 cup potato chips crushed
- ☐ 1 Dash salt and pepper black freshly ground
- ☐ 3 cups cheddar shredded
- ☐ 1 Dash worcestershire sauce

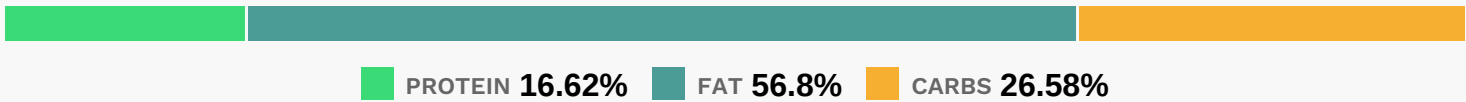
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oven to 350 degrees F.
- ☐ Melt 6 tablespoons butter in a large saucepot over medium heat.
- ☐ Add flour and cook, stirring, for 1 minute.
- ☐ Whisk in the warmed milk and bring to a boil, continue to whisk constantly. The mixture will thicken as the heat increases. Continue to stir while adding
- ☐ the dry mustard, nutmeg, cayenne, salt, pepper, hot sauce and Worcestershire. Stir in the 3 cups of Cheddar until it melts.
- ☐ Pour the cheese sauce over the noodles and add to a 3 quart casserole dish.
- ☐ Sprinkle the chips, bacon and Parmesan on top and bake for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:66.58, Glycemic Load:19.77, Inflammation Score:-7, Nutrition Score:22.23304337004%

Nutrients (% of daily need)

Calories: 727.66kcal (36.38%), Fat: 46.05g (70.85%), Saturated Fat: 23.9g (149.37%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 46.32g (16.85%), Sugar: 8.66g (9.62%), Cholesterol: 118.39mg (39.46%), Sodium: 845.16mg (36.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Calcium: 713.54mg (71.35%), Selenium: 49.02µg (70.03%), Phosphorus: 590.21mg (59.02%), Vitamin B2: 0.6mg (35.44%), Vitamin B12: 1.67µg (27.9%), Vitamin A: 1282.17IU (25.64%), Zinc: 3.82mg (25.49%), Manganese: 0.44mg (21.91%), Vitamin B1: 0.28mg (18.61%), Vitamin B5: 1.72mg (17.17%), Magnesium: 67.18mg (16.79%), Vitamin E: 2.44mg (16.29%), Potassium: 552.22mg (15.78%), Vitamin B6: 0.3mg (15.12%), Vitamin D: 2.2µg (14.64%), Vitamin B3: 2.55mg (12.73%), Iron: 1.91mg (10.6%), Folate: 42.04µg (10.51%), Fiber: 2.17g (8.66%), Copper: 0.16mg (7.88%), Vitamin K: 6.24µg (5.94%), Vitamin C: 3.18mg (3.86%)