



Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 2 ounces butter diced
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 cups cheddar grated
- ☐ 1 pound elbow macaroni unsalted with 2 tablespoons butter cooked
- ☐ 1 cup heavy cream
- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 6 servings salt and pepper

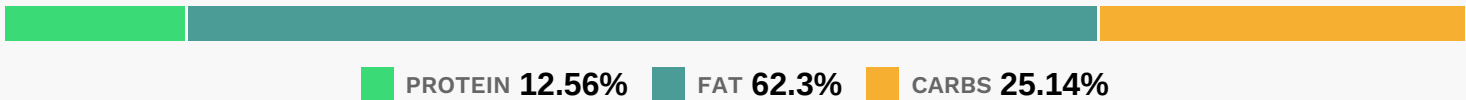
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a saucepan, bring heavy cream, milk, cheese, and seasonings to a boil, then stir and simmer until cheese is melted. Toss with macaroni and pour into baking dish.
- ☐ Sprinkle bread crumbs on top and dot with butter.
- ☐ Bake for 30 minutes in a preheated 350 degree oven and bread crumbs are toasted and nicely browned.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:11.92, Inflammation Score:-7, Nutrition Score:12.680869410867%

Nutrients (% of daily need)

Calories: 536.67kcal (26.83%), Fat: 37.33g (57.43%), Saturated Fat: 22.24g (138.98%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 32.07g (11.66%), Sugar: 4.27g (4.74%), Cholesterol: 107.69mg (35.9%), Sodium: 593.76mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.86%), Selenium: 34.96µg (49.94%), Calcium: 367.05mg (36.71%), Phosphorus: 298.22mg (29.82%), Vitamin A: 1331.99IU (26.64%), Vitamin B2: 0.35mg (20.76%), Manganese: 0.34mg (16.91%), Zinc: 2.18mg (14.5%), Vitamin B12: 0.73µg (12.16%), Vitamin B1: 0.15mg (9.67%), Magnesium: 35.9mg (8.98%), Vitamin D: 1.31µg (8.72%), Fiber: 1.83g (7.31%), Vitamin E: 0.99mg (6.6%), Folate: 24.94µg (6.24%), Copper: 0.12mg (5.87%), Vitamin B6: 0.12mg (5.86%), Vitamin B5: 0.55mg (5.53%), Potassium: 184.55mg (5.27%), Iron: 0.93mg (5.18%), Vitamin B3: 1.01mg (5.03%), Vitamin K: 3.68µg (3.51%)