



Macaroni and Cheese

READY IN



65 min.

SERVINGS



8

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups cheddar grated
- ☐ 1 teaspoon mustard dry
- ☐ 1 pound elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 sprigs thyme leaves fresh
- ☐ 4 cloves garlic
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 4 cups milk

- ☐ 0.5 medium onion with 1 clove
- ☐ 0.5 cup parmesan grated
- ☐ 5 tablespoons butter unsalted

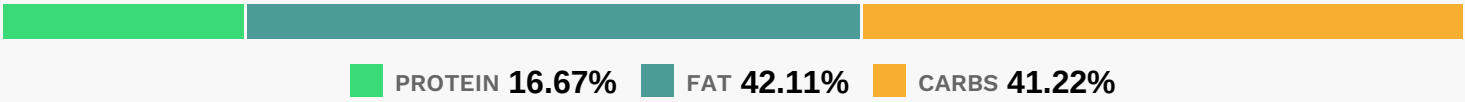
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the macaroni in a large pot of boiling salted water until done, about 5 to 7 minutes.
- ☐ Drain and toss it with 2 tablespoons butter; set aside.
- ☐ Heat the oven to 350 degrees F.
- ☐ Coat a large baking dish with 1 tablespoon butter and set it aside.
- ☐ Put the milk into a saucepan and add the clove studded onion, garlic, bay leaf, thyme, and mustard. Warm over medium low heat until the milk starts to steam, about 10 minutes.
- ☐ Remove from the heat and let the flavors infuse while you make the roux. In a large pot over medium heat add 2 tablespoons butter and the flour. Cook, stirring, for about 2 to 3 minutes; don't let the roux color. Strain the infused milk onto the roux, whisking constantly to avoid lumps. Cook, stirring often, for about 5 minutes until the sauce is thick.
- ☐ Remove from the heat and add 1/2 the grated Cheddar and 1/2 the Parmesan; stir until it is melted and smooth. Taste and adjust seasoning with salt and pepper.
- ☐ Pour this over the macaroni, add the chunks of Cheddar, and mix until well blended; put this into the prepared baking dish.
- ☐ Sprinkle the remaining Cheddar and Parmesan cheeses evenly over the top.
- ☐ Bake until the top is golden and crusty, about 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:3.61, Inflammation Score:-7, Nutrition Score:15.812173786371%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 497.08kcal (24.85%), Fat: 23.21g (35.7%), Saturated Fat: 13.38g (83.65%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 49.09g (17.85%), Sugar: 7.57g (8.41%), Cholesterol: 65.95mg (21.98%), Sodium: 336.02mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.67g (41.35%), Selenium: 49.02µg (70.02%), Calcium: 443.6mg (44.36%), Phosphorus: 412.21mg (41.22%), Manganese: 0.6mg (30.05%), Vitamin B2: 0.36mg (21.43%), Vitamin B12: 1.05µg (17.47%), Zinc: 2.57mg (17.14%), Vitamin A: 767.55IU (15.35%), Magnesium: 57.77mg (14.44%), Vitamin D: 1.67µg (11.16%), Vitamin B6: 0.2mg (10.13%), Potassium: 352.71mg (10.08%), Vitamin B1: 0.15mg (10.03%), Copper: 0.19mg (9.51%), Vitamin B5: 0.88mg (8.76%), Fiber: 2.01g (8.05%), Vitamin B3: 1.27mg (6.34%), Iron: 1.05mg (5.85%), Folate: 20.93µg (5.23%), Vitamin E: 0.57mg (3.79%), Vitamin K: 2.05µg (1.95%), Vitamin C: 1.09mg (1.32%)