



Macaroni and Cheese

READY IN



1500 min.

SERVINGS



20

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups sharp cheddar cheese extra-sharp grated
- ☐ 1 pound elbow macaroni
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 cups panko bread crumbs (coarse Japanese bread crumbs)
- ☐ 0.5 cup parmesan grated
- ☐ 1 stick butter unsalted
- ☐ 5 cups milk whole

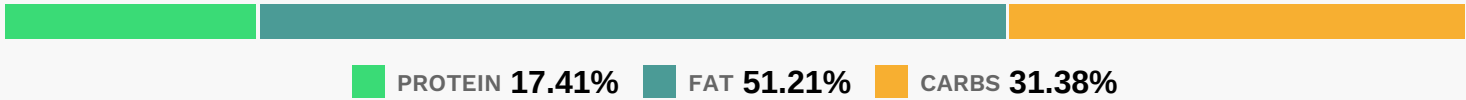
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ baking pan
- ☐ wax paper
- ☐ colander

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Melt butter, then stir together with panko and topping cheeses in a bowl until combined well.
- ☐ Melt butter in a heavy medium saucepan over medium-low heat and stir in flour. Cook roux, stirring, 3 minutes, then whisk in milk. Bring sauce to a boil, whisking constantly, then simmer, whisking occasionally, 3 minutes. Stir in cheeses, 2 teaspoons salt, and 1/2 teaspoon pepper until smooth.
- ☐ Remove from heat and cover surface of sauce with wax paper.
- ☐ Cook macaroni in a pasta pot of boiling salted water (2 tablespoons salt for 4 quarts water) until al dente. Reserve 1 cup cooking water and drain macaroni in a colander. Stir together macaroni, reserved cooking water, and sauce in a large bowl.
- ☐ Transfer to 2 buttered 2-quart shallow baking dishes.
- ☐ Sprinkle topping evenly over macaroni and bake until golden and bubbling, 20 to 25 minutes.
- ☐ · Topping can be made 1 day ahead and chilled, covered. · Half of dish can be baked in 10 (6- to 8-ounce) ramekins for children (with remaining half baked in a 2-quart baking dish for adults).

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:2.57, Inflammation Score:-5, Nutrition Score:10.564782536548%

Nutrients (% of daily need)

Calories: 341.25kcal (17.06%), Fat: 19.39g (29.83%), Saturated Fat: 11.09g (69.34%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 25.67g (9.34%), Sugar: 4.05g (4.5%), Cholesterol: 55.07mg (18.36%), Sodium: 330.88mg (14.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Selenium: 27.98µg (39.97%), Calcium: 361.74mg (36.17%), Phosphorus: 290.77mg (29.08%), Vitamin B2: 0.29mg (17.22%), Manganese: 0.28mg (14.25%), Zinc: 1.99mg (13.27%), Vitamin B12: 0.75µg (12.49%), Vitamin A: 599.22IU (11.98%), Vitamin B1: 0.14mg (9.42%), Magnesium: 32.78mg (8.2%), Vitamin D: 0.97µg (6.48%), Folate: 22.08µg (5.52%), Potassium: 186mg (5.31%), Vitamin B5: 0.53mg (5.26%), Vitamin B6: 0.1mg (5.18%), Vitamin B3: 1.01mg (5.04%), Copper: 0.1mg (4.88%), Iron: 0.76mg (4.25%), Fiber: 1.06g (4.23%), Vitamin E: 0.45mg (3.02%), Vitamin K: 1.86µg (1.77%)