



Macaroni and Cheese

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons mustard dry
- ☐ 1 pound elbow macaroni
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup panko bread crumbs
- ☐ 1 teaspoon sea salt fine
- ☐ 24 ounces sharp extra-sharp grated (9 cups total)
- ☐ 6 tablespoons butter unsalted plus more to grease the baking dish

☐ 3.3 cups milk whole

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ pot

☐ baking pan

☐ wooden spoon

☐ spatula

Directions

☐ Preheat the oven to 350°F. Lightly butter a 9- by 13-inch baking dish.

☐ In a small saucepan over moderate heat, melt 3 tablespoons of the butter.

☐ Place the panko bread crumbs in a small bowl, drizzle with the melted butter, and toss to combine.

☐ Add a handful of the grated cheese to the bowl, toss to combine, and set aside.

☐ In a large pot of boiling salted water, cook the elbow macaroni until al dente.

☐ Drain the noodles, without rinsing, then return them to the pot they were cooked in.

☐ In a small saucepan over moderate heat, warm the milk just until it starts to steam and form tiny bubbles around its edges—be careful not to let the milk come to a boil.

☐ Remove from the heat.

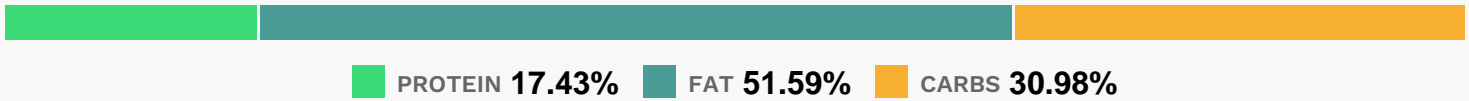
☐ In a medium saucepan over moderate heat, melt the remaining 3 tablespoons of butter.

☐ Add the flour and use a flat-edged wooden spoon or heat-safe rubber spatula to stir the mixture together, scraping the bottom of the pan to prevent burning, just until it starts to turn a light brown color, about 3 minutes. Slowly add the warm milk and stir constantly until the sauce thickens, about 3 minutes.

☐ Remove from the heat and stir in the dry mustard, salt, and pepper.

- ☐ Add the remaining grated cheese and stir until it's completely melted. Adjust the seasoning to taste.
- ☐ Pour the cheese sauce over the cooked elbow macaroni and gently stir to coat the noodles in the sauce.
- ☐ Pour the macaroni and cheese into the prepared baking dish and top with the panko-cheese mixture.
- ☐ Bake until light golden brown and bubbling, about 30 minutes.
- ☐ Serve hot. DO AHEAD: Macaroni and cheese can be made ahead, put into the baking dish, cooled completely, and kept, covered in the refrigerator, for 2 days. Do not add the bread crumbs until ready to bake. (Chilled Macaroni and Cheese may take longer than 30 minutes to be fully cooked.)

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:3.89, Inflammation Score:-7, Nutrition Score:22.283478230157%

Nutrients (% of daily need)

Calories: 734.19kcal (36.71%), Fat: 42.03g (64.66%), Saturated Fat: 23.83g (148.92%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 54.47g (19.81%), Sugar: 7.07g (7.85%), Cholesterol: 119.52mg (39.84%), Sodium: 944.16mg (41.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.91%), Selenium: 65.52µg (93.6%), Calcium: 753.52mg (75.35%), Phosphorus: 618.03mg (61.8%), Vitamin B2: 0.59mg (34.99%), Manganese: 0.65mg (32.34%), Zinc: 4.49mg (29.93%), Vitamin A: 1275.96IU (25.52%), Vitamin B12: 1.48µg (24.68%), Magnesium: 70.57mg (17.64%), Vitamin B1: 0.23mg (15.3%), Vitamin D: 1.76µg (11.72%), Copper: 0.22mg (11.1%), Vitamin B6: 0.21mg (10.61%), Folate: 42.18µg (10.55%), Potassium: 365.33mg (10.44%), Vitamin B5: 1.04mg (10.35%), Fiber: 2.31g (9.22%), Vitamin B3: 1.8mg (9%), Iron: 1.42mg (7.87%), Vitamin E: 1.02mg (6.81%), Vitamin K: 3.86µg (3.67%)