



Macaroni and Cheese with Buttery Crumbs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



952 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pinch cayenne pepper
- 0.5 pound colby cheese cut into 1/2-inch pieces
- 1 tablespoon dijon mustard
- 0.8 cup bread crumbs plain dry
- 1 pound elbow macaroni
- 3 tablespoons flour all-purpose
- 2.5 cups half-and-half whole
- 1 pinch nutmeg freshly grated

- 6 servings salt and pepper freshly ground
- 1 pound sharp cheddar cheese cut into 1/2-inch pieces
- 5 tablespoons butter unsalted

Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- baking pan
- microwave

Directions

- Preheat the oven to 350.
- Generously butter a shallow 2-quart baking dish. Melt 3 tablespoons of the butter in a large saucepan.
- Add the flour and cook over moderate heat for 2 minutes, stirring constantly.
- Add the half-and-half and cook over moderate heat, whisking constantly until thickened, about 3 minutes.
- Add one-half of the Cheddar and Colby cheeses and cook over low heat, stirring, until melted. Stir in the mustard, nutmeg and cayenne; season with salt and pepper.
- Meanwhile, cook the elbow macaroni in a large pot of boiling salted water until al dente.
- Drain very well. Return the macaroni to the pot.
- Add the cheese sauce and the remaining cheese and stir until combined.
- Spread the macaroni in the prepared baking dish.
- In a small glass bowl, melt the remaining 2 tablespoons of butter in a microwave oven.
- Add the bread crumbs, season with salt and pepper and stir until evenly moistened.
- Sprinkle the buttered crumbs over the macaroni and bake for 45 minutes, or until bubbling and golden on top.

- Let stand for 15 minutes before serving.
- Make Ahead: The assembled dish can be refrigerated overnight. Bring to room temperature and bake.

Nutrition Facts

PROTEIN 17.78% **FAT 49.85%** **CARBS 32.37%**

Properties

Glycemic Index:45.67, Glycemic Load:4.42, Inflammation Score:-8, Nutrition Score:27.776521632124%

Nutrients (% of daily need)

Calories: 951.92kcal (47.6%), Fat: 52.6g (80.92%), Saturated Fat: 30.46g (190.39%), Carbohydrates: 76.82g (25.61%), Net Carbohydrates: 73.55g (26.75%), Sugar: 8.29g (9.22%), Cholesterol: 148.79mg (49.6%), Sodium: 1087.39mg (47.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.21g (84.42%), Selenium: 82.23µg (117.47%), Calcium: 964.43mg (96.44%), Phosphorus: 796.78mg (79.68%), Manganese: 0.88mg (43.78%), Vitamin B2: 0.74mg (43.51%), Zinc: 5.67mg (37.8%), Vitamin A: 1598.35IU (31.97%), Vitamin B12: 1.73µg (28.85%), Magnesium: 90.91mg (22.73%), Vitamin B1: 0.32mg (21.23%), Copper: 0.31mg (15.29%), Folate: 58.26µg (14.57%), Vitamin B6: 0.27mg (13.61%), Potassium: 465.28mg (13.29%), Vitamin D: 1.97µg (13.16%), Fiber: 3.27g (13.1%), Vitamin B3: 2.61mg (13.03%), Iron: 2.27mg (12.6%), Vitamin B5: 1.21mg (12.08%), Vitamin E: 1.1mg (7.36%), Vitamin K: 4.99µg (4.75%)