



Macaroni and Cheese with Garlic Bread Crumbs, Plain and Chipotle

READY IN



60 min.

SERVINGS



8

CALORIES



1155 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups breadcrumbs fresh
- ☐ 2 tablespoons chipotles in adobo chopped
- ☐ 1 tablespoon ground mustard dry
- ☐ 0.5 cup flour all-purpose
- ☐ 2 large garlic clove finely chopped
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 pound .5 oz. macaroni
- ☐ 2 tablespoons olive oil

- ☐ 0.5 stick butter unsalted
- ☐ 2 pounds cheddar cheese white extra-sharp grated (preferably)
- ☐ 3 cups milk whole

Equipment

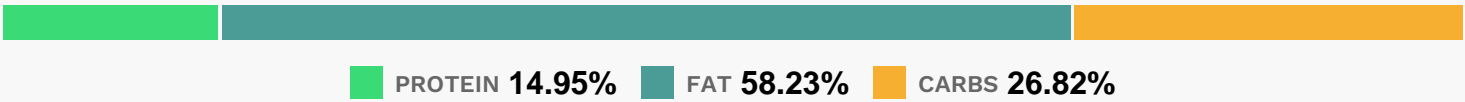
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Heat butter and oil in a 10-inch heavy skillet over moderate heat until foam subsides, then cook garlic and bread crumbs, stirring, until crumbs are golden.
- ☐ Transfer to paper towels to drain and season with salt.
- ☐ Preheat oven to 350°F. Chop chipotles.
- ☐ Melt butter in a 3- to 4-quart saucepan over moderate heat, then add flour and cook, whisking, 1 minute. Gradually whisk in milk, cream, and mustard and simmer, whisking occasionally, 3 minutes.
- ☐ Cook macaroni in a 6- to 7-quart pot of boiling salted water until just tender.
- ☐ Drain in a colander and transfer to a large bowl. Stir in white sauce, cheese, and salt to taste.
- ☐ Fill a 1 1/2-quart shallow casserole with half of macaroni mixture. Stir chipotles into remaining macaroni. Spoon into another 1 1/2-quart shallow casserole and sprinkle both with bread crumbs.
- ☐ Bake casseroles in middle of oven 30 minutes, or until bubbly.
- ☐ • Macaroni and cheese may be made 2 days ahead, put into casseroles, cooled completely, and chilled, covered. Do not add bread crumbs until ready to bake. (Baking may take longer

than 30 minutes.)

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:6.75, Inflammation Score:-9, Nutrition Score:31.362173870854%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1154.95kcal (57.75%), Fat: 74.88g (115.19%), Saturated Fat: 41.78g (261.14%), Carbohydrates: 77.59g (25.86%), Net Carbohydrates: 73.85g (26.85%), Sugar: 10.04g (11.16%), Cholesterol: 206.8mg (68.93%), Sodium: 994.78mg (43.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.25g (86.51%), Selenium: 82.9µg (118.43%), Calcium: 1021.44mg (102.14%), Phosphorus: 816.52mg (81.65%), Vitamin B2: 0.93mg (54.42%), Vitamin A: 2336.15IU (46.72%), Manganese: 0.87mg (43.56%), Zinc: 5.99mg (39.96%), Vitamin B1: 0.48mg (31.89%), Vitamin B12: 1.9µg (31.63%), Magnesium: 92.71mg (23.18%), Folate: 81.24µg (20.31%), Vitamin D: 2.74µg (18.3%), Vitamin B3: 3.46mg (17.3%), Iron: 2.85mg (15.83%), Vitamin E: 2.25mg (14.97%), Fiber: 3.74g (14.95%), Copper: 0.3mg (14.89%), Vitamin B6: 0.28mg (14.22%), Vitamin B5: 1.41mg (14.08%), Potassium: 480mg (13.71%), Vitamin K: 9.42µg (8.97%)