



Macaroni and Cheese with Ham

READY IN



35 min.

SERVINGS



6

CALORIES



628 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 1 pound pasta (hollow corkscrew shaped pasta)
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup gruyere cheese shredded
- ☐ 0.3 pound ham french sliced finely chopped
- ☐ 9 servings grates nutmeg

- ☐ 6 servings salt
- ☐ 1 cup sharp cheddar shredded white
- ☐ 1.5 cups milk whole

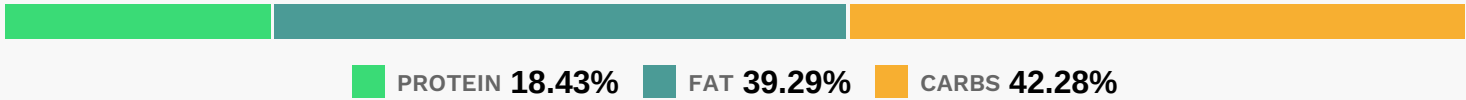
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large pot of salted water to a boil, drop in pasta. Cook pasta to just shy of al dente.
- ☐ Heat sauce pot with butter over medium heat, whisk in flour and cook for 1 minute, whisk in stock then milk, allow the sauce to thicken, and season with salt, pepper and nutmeg. Stir in cheeses in a figure eight motion. Stir in Dijon and ham and remove the sauce from heat.
- ☐ Drain pasta and combine with sauce.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:26.6, Inflammation Score:-6, Nutrition Score:19.826521551479%

Nutrients (% of daily need)

Calories: 627.99kcal (31.4%), Fat: 27.23g (41.89%), Saturated Fat: 14.77g (92.33%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 62.54g (22.74%), Sugar: 6.67g (7.41%), Cholesterol: 78.32mg (26.11%), Sodium: 883.88mg (38.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.47%), Selenium: 65.72µg (93.89%), Phosphorus: 492.77mg (49.28%), Calcium: 460.26mg (46.03%), Manganese: 0.85mg (42.53%), Zinc: 3.49mg (23.27%), Vitamin B2: 0.38mg (22.11%), Vitamin B1: 0.3mg (19.88%), Magnesium: 74.61mg (18.65%), Vitamin B12: 1.01µg (16.9%), Vitamin B3: 3.15mg (15.75%), Copper: 0.31mg (15.55%), Vitamin B6: 0.28mg (14.1%), Vitamin A: 679.38IU (13.59%), Fiber: 3.38g (13.54%), Potassium: 413.52mg (11.81%), Iron: 1.66mg (9.2%), Vitamin B5: 0.88mg (8.82%), Folate: 32.05µg (8.01%), Vitamin D: 1.05µg (6.99%), Vitamin E: 0.58mg (3.86%), Vitamin K: 2.12µg (2.02%)