

Macaroni and Cheese with Prosciutto

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups elbow macaroni
- 0.1 teaspoon nutmeg
- 3 tablespoons parmesan cheese grated
- 3 ounces pancetta thinly sliced coarsely chopped
- 1 cup whipping cream
- 1 cup milk whole

Equipment

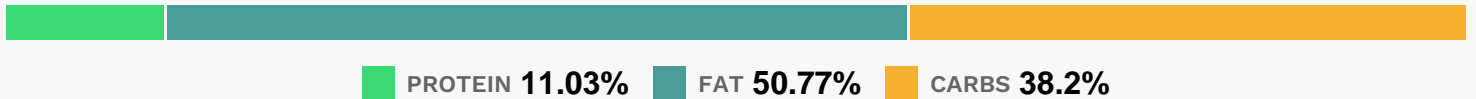
- bowl

- oven
- whisk
- pot
- baking pan
- glass baking pan

Directions

- Position rack in bottom third of oven; preheat to 400°F. Butter 11x7-inch glass baking dish. Cook macaroni in large pot of boiling salted water until tender but still firm to bite.
- Drain well.
- Whisk 1/2 cup Gruyère, cream, milk, prosciutto, Parmesan and nutmeg in large bowl to blend.
- Add macaroni and toss to coat. Season with salt and pepper.
- Transfer to prepared baking dish.
- Sprinkle remaining 1 cup Gruyère over.
- Bake until cheese melts and macaroni and cheese sets, about 20 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:9.3782608884832%

Nutrients (% of daily need)

Calories: 402.25kcal (20.11%), Fat: 22.67g (34.87%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 36.88g (13.41%), Sugar: 4.37g (4.86%), Cholesterol: 61.23mg (20.41%), Sodium: 166.56mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.15%), Selenium: 35.18µg (50.26%), Manganese: 0.43mg (21.74%), Phosphorus: 188.63mg (18.86%), Vitamin A: 675.89IU (13.52%), Calcium: 108.89mg (10.89%), Vitamin B2: 0.18mg (10.52%), Magnesium: 35.04mg (8.76%), Zinc: 1.2mg (7.98%), Vitamin D: 1.15µg (7.67%), Vitamin B1: 0.11mg (7.51%), Copper: 0.15mg (7.35%), Vitamin B6: 0.14mg (7.24%), Vitamin B3: 1.43mg (7.17%), Potassium: 235.56mg (6.73%), Vitamin B12: 0.39µg (6.46%), Fiber: 1.5g (6.01%), Vitamin B5: 0.54mg (5.41%), Iron: 0.72mg (3.98%), Vitamin E: 0.51mg (3.4%), Folate: 10.17µg (2.54%), Vitamin K: 1.48µg (1.41%)