



Macaroni Casserole

READY IN



72 min.

SERVINGS



26

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces cream cheese
- ☐ 0.5 cup ham diced
- ☐ 10 ounce elbow macaroni
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 teaspoon hot sauce
- ☐ 2 cups milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons onion grated
- ☐ 1 cup panko bread crumbs

- ☐ 26 servings salt and pepper
- ☐ 8 ounces cheddar shredded
- ☐ 10 ounce pkt spinach frozen dry thawed
- ☐ 7 tablespoons butter unsalted
- ☐ 1 teaspoon worcestershire

Equipment

- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 350F and grease a 2-quart dish. Boil pasta in salted water until al dente, 7 to 8 minutes.
- ☐ Drain.
- ☐ Melt 1 Tbsp. butter over medium heat. Saut ham until browned, about 4 minutes.
- ☐ Add onion; saut 1 minute.
- ☐ Add spinach; saut 1 minute.
- ☐ Remove from heat.
- ☐ In a pot, melt 4 Tbsp. butter over medium heat.
- ☐ Add flour; whisk and cook until golden, about 2 minutes.
- ☐ Whisk in milk.
- ☐ Add Worcestershire, hot sauce, nutmeg, 1/2 tsp. salt and 1/4 tsp. pepper. Cook, stirring, until thick, 7 to 8 minutes.
- ☐ Remove from heat; mix in cheeses. Fold in pasta.
- ☐ Spread half of pasta mixture in dish. Top with ham mixture, then rest of pasta.
- ☐ Mix 2 Tbsp. melted butter with panko; sprinkle over dish.
- ☐ Bake until golden, 20 to 30 minutes.

Nutrition Facts



 **PROTEIN 14.52%**  **FAT 53.14%**  **CARBS 32.34%**

Properties

Glycemic Index:10.15, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:7.7682608521503%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 156.66kcal (7.83%), Fat: 9.32g (14.34%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 11.94g (4.34%), Sugar: 1.79g (1.99%), Cholesterol: 26.86mg (8.95%), Sodium: 340.24mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin K: 41.4µg (39.43%), Vitamin A: 1578.89IU (31.58%), Selenium: 11.95µg (17.07%), Calcium: 113.35mg (11.34%), Manganese: 0.21mg (10.52%), Phosphorus: 98.24mg (9.82%), Vitamin B2: 0.13mg (7.49%), Folate: 25.08µg (6.27%), Magnesium: 20.63mg (5.16%), Zinc: 0.69mg (4.62%), Vitamin B1: 0.07mg (4.45%), Vitamin B12: 0.22µg (3.71%), Vitamin E: 0.55mg (3.67%), Potassium: 115.51mg (3.3%), Fiber: 0.82g (3.27%), Iron: 0.57mg (3.14%), Copper: 0.06mg (3.04%), Vitamin B6: 0.06mg (3%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.22mg (2.24%), Vitamin D: 0.32µg (2.1%)