



No-Boil Mac and Cheese

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more
- ☐ 1 pound elbow macaroni
- ☐ 2 tablespoons flat parsley chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic clove chopped
- ☐ 1 tablespoon kosher salt plus more
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 cups cheddar cheese shredded divided

☐ 0.5 cup butter unsalted divided (1 stick)

☐ 3 cups milk whole

Equipment

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ baking pan

☐ aluminum foil

Directions

☐ Preheat oven to 400°F. Melt 1/4 cup butter in a large saucepan over medium-high heat.

☐ Add flour; cook, whisking constantly, for 1 minute.

☐ Whisk in milk and 3 cups water. Bring to a boil, reduce heat to a simmer, and cook, whisking often, until a very thin, glossy sauce forms, about 10 minutes. Stir in 1 tablespoon salt and 1/2 teaspoon pepper.

☐ Remove sauce from heat.

☐ Toss pasta and 1 1/2 cups cheese in a 13x9x2" or other shallow 3-quart baking dish.

☐ Pour sauce over (pasta should be submerged; do not stir) and cover with foil.

☐ Bake until pasta is almost tender, about 20 minutes.

☐ Meanwhile, melt remaining 1/4 cup butter in a large skillet over medium heat.

☐ Add garlic, panko, and parsley and toss to combine. Season with salt and pepper.

☐ Remove foil from dish.

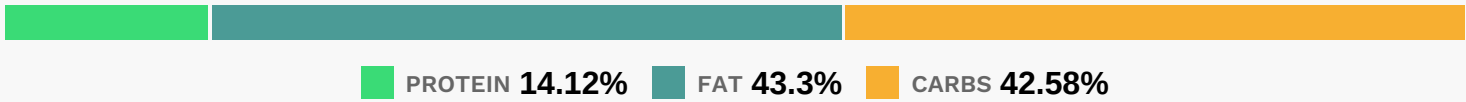
☐ Sprinkle with remaining 1/2 cup cheese, then panko mixture.

☐ Bake until pasta is tender, edges are bubbling, and top is golden brown, about 10 minutes longer.

☐ Let sit 10 minutes before serving.

☐ Per serving: 480 calories, 17 g fat, 4 g fiber

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:4.06, Inflammation Score:-6, Nutrition Score:16.200869492863%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 527.87kcal (26.39%), Fat: 25.35g (39%), Saturated Fat: 14.67g (91.69%), Carbohydrates: 56.08g (18.69%), Net Carbohydrates: 53.74g (19.54%), Sugar: 6.51g (7.23%), Cholesterol: 69.73mg (23.24%), Sodium: 1152.23mg (50.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.19%), Selenium: 49.04µg (70.06%), Phosphorus: 350.88mg (35.09%), Calcium: 345.73mg (34.57%), Manganese: 0.65mg (32.74%), Vitamin B2: 0.34mg (20.07%), Vitamin K: 19.13µg (18.22%), Vitamin A: 870.83IU (17.42%), Zinc: 2.38mg (15.89%), Vitamin B1: 0.22mg (14.46%), Vitamin B12: 0.84µg (14.07%), Magnesium: 53.95mg (13.49%), Copper: 0.21mg (10.36%), Fiber: 2.34g (9.35%), Vitamin D: 1.39µg (9.26%), Vitamin B3: 1.83mg (9.14%), Potassium: 318.11mg (9.09%), Vitamin B6: 0.18mg (8.88%), Folate: 33.3µg (8.33%), Iron: 1.42mg (7.91%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.67mg (4.45%), Vitamin C: 1.56mg (1.9%)