



Not Yo' Mama's Mac 'n' Cheese

READY IN



58 min.

SERVINGS



10

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup japanese breadcrumbs (panko)
- ☐ 0.5 cup butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 4 oz gouda cheese smoked shredded
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups milk
- ☐ 2 oz parmesan cheese shredded

- ☐ 16 oz penne pasta
- ☐ 4 oz pancetta thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots minced
- ☐ 20 oz blocks sharp cheddar cheese shredded white
- ☐ 2 cups whipping cream

Equipment

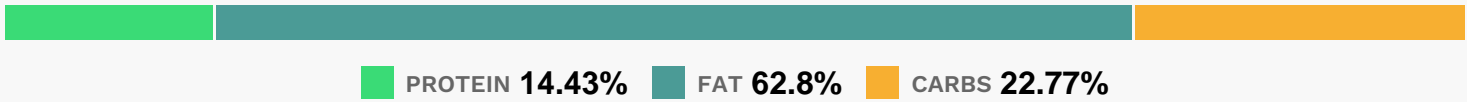
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Bake breadcrumbs in a single layer on a baking sheet 5 to 7 minutes or until golden, stirring once after 2 1/2 minutes.
- ☐ Cook prosciutto, in batches, in a lightly greased large skillet over medium heat 3 to 4 minutes on each side or until crisp.
- ☐ Drain on paper towels; crumble.
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter in a Dutch oven over medium heat; add shallot, and saut 3 minutes or until tender.
- ☐ Add wine, stirring to loosen particles from bottom of Dutch oven, and cook 1 minute.

- ☐ Gradually whisk in flour until smooth; cook, whisking constantly, 2 minutes. Gradually whisk in milk and next 4 ingredients; cook, whisking constantly, 12 to 14 minutes or until mixture thickens and begins to bubble.
- ☐ Remove and discard bay leaf.
- ☐ Place 4 cups (16 oz.) Cheddar cheese in a large heatproof bowl. Reserve remaining Cheddar cheese for another use.
- ☐ Add Gouda and Parmesan cheeses to bowl.
- ☐ Gradually pour white sauce over cheeses, whisking until cheeses are melted and sauce is smooth.
- ☐ Stir in pasta and prosciutto until blended.
- ☐ Pour into a lightly greased 13- x 9-inch baking dish; sprinkle with breadcrumbs.
- ☐ Bake at 400 for 15 minutes or until bubbly.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Fiorucci Riserva Prosciutto and Cracker Barrel Vermont White Sharp Cheddar.
- ☐ No-
- ☐ Bake Not Yo' Mama's Mac 'n' Cheese: Omit breadcrumbs. Prepare recipe as directed in Steps 2 through Stir pasta, prosciutto, and cheeses into white sauce.
- ☐ Serve immediately.
- ☐ Note: Don't use preshredded cheese; it doesn't melt as smoothly. You can shred the cheese and crisp the prosciutto up to one day ahead and chill. You can also toast the breadcrumbs ahead and store them in a zip-top plastic bag.

Nutrition Facts



Properties

Glycemic Index:36.3, Glycemic Load:16.83, Inflammation Score:-8, Nutrition Score:20.453478486642%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 823.98kcal (41.2%), Fat: 57.35g (88.22%), Saturated Fat: 33.21g (207.59%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 44.88g (16.32%), Sugar: 6.08g (6.75%), Cholesterol: 165.01mg (55%), Sodium: 897.56mg (39.02%), Alcohol: 0.62g (100%), Alcohol %: 0.31% (100%), Protein: 29.65g (59.31%), Selenium: 54.99µg (78.56%), Calcium: 664.77mg (66.48%), Phosphorus: 558.64mg (55.86%), Vitamin A: 1764.38IU (35.29%), Vitamin B2: 0.55mg (32.08%), Zinc: 3.9mg (26.03%), Manganese: 0.52mg (26.03%), Vitamin B12: 1.28µg (21.34%), Magnesium: 60.39mg (15.1%), Vitamin B1: 0.22mg (14.41%), Vitamin D: 1.77µg (11.79%), Vitamin B6: 0.22mg (10.82%), Vitamin B3: 1.96mg (9.82%), Potassium: 336.14mg (9.6%), Folate: 38.21µg (9.55%), Copper: 0.19mg (9.44%), Vitamin B5: 0.93mg (9.29%), Vitamin E: 1.31mg (8.75%), Fiber: 1.9g (7.61%), Iron: 1.34mg (7.45%), Vitamin K: 4.72µg (4.49%)