



Not Your Mom's Mac and Cheese

READY IN



55 min.

SERVINGS



8

CALORIES



608 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 pinch chili powder
- 3 tablespoons flour all-purpose
- 1 cup fontina shredded
- 0.1 teaspoon garlic powder
- 16 ounce gemelli (small twisted pasta)
- 1 pinch ground cinnamon
- 0.1 teaspoon ground nutmeg
- 8 servings salt and ground pepper black to taste

- 0.5 cup italian-seasoned breadcrumbs
- 1 pound ground beef lean
- 3 cups milk
- 1 tablespoon olive oil
- 0.1 teaspoon paprika
- 2 tablespoons parmesan cheese grated
- 1 cup sharp cheddar cheese shredded
- 1 cup cheddar cheese shredded white

Equipment

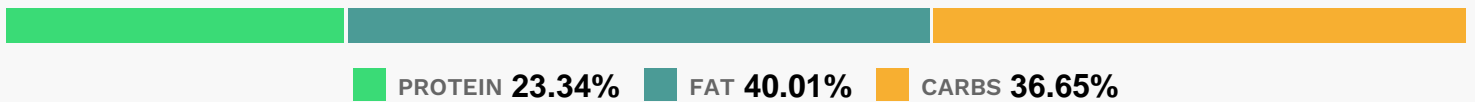
- bowl
- frying pan
- oven
- whisk
- pot
- baking pan
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the gemelli, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Add olive oil, and toss pasta until coated; set aside.
- Heat a large skillet over medium-high heat and stir in the ground beef. Season with salt and black pepper. Cook and stir until the beef is crumbly, evenly browned, and no longer pink, about 10 minutes.
- Drain and discard any excess grease. Set aside.
- Preheat an oven to 350 degrees F (175 degrees C).

- Heat 3 tablespoons butter and the flour in a large skillet over low heat. Cook and stir until the butter is melted and the flour is incorporated, then slowly whisk in the milk. Stir in the fontina cheese, sharp Cheddar cheese, white Cheddar cheese, and 1/4 cup Parmesan cheese; cook, whisking constantly, until cheese is melted and sauce is thickened, about 5 minutes. Season with paprika, nutmeg, garlic powder, cinnamon, and chili powder. Season to taste with salt and black pepper. Stir in the pasta and beef, and transfer mixture to a large baking dish.
- Combine 2 tablespoons butter, bread crumbs, and the remaining 2 tablespoons Parmesan cheese in a bowl.
- Sprinkle mixture over the pasta in the baking dish.
- Bake in the preheated oven until bubbly, about 12 minutes, then set the oven on broil. Broil until lightly browned, about 3 more minutes.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:20.47, Inflammation Score:-6, Nutrition Score:22.08782621052%

Nutrients (% of daily need)

Calories: 607.92kcal (30.4%), Fat: 26.75g (41.16%), Saturated Fat: 14.08g (88%), Carbohydrates: 55.15g (18.38%), Net Carbohydrates: 52.83g (19.21%), Sugar: 6.72g (7.47%), Cholesterol: 102.21mg (34.07%), Sodium: 537.3mg (23.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.12g (70.23%), Selenium: 61.13µg (87.32%), Phosphorus: 523.96mg (52.4%), Calcium: 446.91mg (44.69%), Vitamin B12: 2.39µg (39.83%), Zinc: 5.86mg (39.1%), Manganese: 0.65mg (32.38%), Vitamin B2: 0.46mg (27.12%), Vitamin B3: 4.85mg (24.26%), Vitamin B6: 0.41mg (20.45%), Magnesium: 68.37mg (17.09%), Vitamin B1: 0.23mg (15.49%), Iron: 2.71mg (15.05%), Potassium: 518.73mg (14.82%), Vitamin A: 714.44IU (14.29%), Copper: 0.25mg (12.35%), Vitamin B5: 1.21mg (12.07%), Fiber: 2.32g (9.29%), Vitamin D: 1.34µg (8.92%), Folate: 34.3µg (8.57%), Vitamin K: 6.6µg (6.28%), Vitamin E: 0.9mg (6%)