



20%  
HEALTH SCORE

## Robin Koury's Grilled Mac-n-Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup asiago cheese grated
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon ground pepper
- 1 pound elbow macaroni
- 3 tablespoons flour all-purpose
- 1 bell pepper green
- 0.5 jalapeno thinly sliced
- 0.5 teaspoon kosher salt
- 1 cup monterrey jack cheese

- 0.5 cup parmesan
- 1 bell pepper red
- 0.5 stick butter salted
- 0.3 cup seasoned bread crumbs
- 1.5 cups sharp cheddar cheese yellow
- 0.5 cup cheddar cheese white
- 2 cups milk whole

## Equipment

- sauce pan
- whisk
- casserole dish
- grill

## Directions

- Preheat grill to 350 degrees F.
- Quarter red and green pepper, then place them on the grill, cooking until tender. Once grill marks are formed, remove peppers from grill and set aside. Boil elbow macaroni in salted boiling water until al dente – drain and set aside. In a large saucepan over medium heat, melt butter and then whisk in flour to thicken, about 1 minute.
- Add 1 cup milk and whisk in. Begin adding cheeses 1 at a time, thoroughly whisking each cheese. If sauce becomes too thick, add remaining cup of milk. Once all cheeses are blended add salt, black pepper, cayenne pepper, grilled peppers, jalapeno pepper and stir to combine.
- Add elbows to mixture and stir again. Once combined well, add to a cast iron 9 by 13-inch rectangle casserole dish, and sprinkle top with bread crumbs and an additional 1/2 teaspoon cayenne pepper.
- Place on grill for 12 minutes.
- Let stand a few minutes before serving.

## Nutrition Facts



■ PROTEIN 19.17% ■ FAT 43.56% ■ CARBS 37.27%

## Properties

Glycemic Index:72.67, Glycemic Load:4.39, Inflammation Score:-9, Nutrition Score:27.690435222957%

## Flavonoids

Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 762.46kcal (38.12%), Fat: 36.82g (56.65%), Saturated Fat: 21.61g (135.04%), Carbohydrates: 70.88g (23.63%), Net Carbohydrates: 67.19g (24.43%), Sugar: 8.04g (8.94%), Cholesterol: 101.48mg (33.83%), Sodium: 1118.05mg (48.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.46g (72.93%), Selenium: 71µg (101.43%), Calcium: 835.5mg (83.55%), Phosphorus: 680.49mg (68.05%), Vitamin C: 43.11mg (52.25%), Manganese: 0.86mg (42.9%), Vitamin A: 1940.78IU (38.82%), Vitamin B2: 0.55mg (32.31%), Zinc: 4.23mg (28.19%), Vitamin B12: 1.33µg (22.14%), Magnesium: 84.73mg (21.18%), Vitamin B6: 0.35mg (17.34%), Vitamin B1: 0.24mg (15.92%), Fiber: 3.68g (14.74%), Copper: 0.28mg (14.2%), Potassium: 464.08mg (13.26%), Folate: 51.56µg (12.89%), Vitamin B3: 2.34mg (11.72%), Iron: 2.01mg (11.14%), Vitamin B5: 1.08mg (10.84%), Vitamin D: 1.36µg (9.06%), Vitamin E: 1.27mg (8.49%), Vitamin K: 8.29µg (7.89%)