



Shannon's Smoky Macaroni and Cheese

READY IN



75 min.

SERVINGS



10

CALORIES



821 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon breadcrumbs
- 6 tablespoons butter
- 1 teaspoon ground pepper
- 16 ounce elbow macaroni
- 0.5 cup flour all-purpose
- 2.5 cups gouda cheese smoked shredded
- 5.5 cups milk divided
- 10 servings olive oil
- 0.5 cup parmesan cheese grated

- 1.5 cups cheddar cheese shredded
- 1.5 cups swiss cheese shredded

Equipment

- bowl
- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Fill a pot with lightly-salted water and bring to a boil. Stir the macaroni into the water and return to a boil. Cook and occasionally stir until the pasta has cooked through, but is still firm to the bite, about 8 minutes; drain.
- Melt the butter in a large pot over medium heat.
- Add the flour to the melted butter and whisk continually for 1 to 2 minutes to make a roux.
- Whisk 2 cups of the milk into the roux until smooth and then add the remaining milk. Raise the heat to medium-high and continue cooking and stirring until thickened, but not boiling. Stir the Gouda, Cheddar, Swiss, and 1 cup Parmesan cheese into the mixture; once the cheeses have melted completely, fold the drained macaroni into the mixture to coat.
- Pour the macaroni mixture into a 9x13-inch baking dish.
- Stir 1/2 cup Parmesan cheese, the bread crumbs, and cayenne pepper together in a small bowl; sprinkle over the macaroni.
- Drizzle the olive oil over the bread crumbs.
- Bake in the preheated oven until golden and bubbly, about 30 minutes. Allow to rest 10 minutes before cutting.

Nutrition Facts

PROTEIN 17.33% **FAT 59.44%** **CARBS 23.23%**

Properties

Glycemic Index:27.6, Glycemic Load:6.38, Inflammation Score:-7, Nutrition Score:23.683478166228%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 821.4kcal (41.07%), Fat: 54.29g (83.52%), Saturated Fat: 26.28g (164.24%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 46.06g (16.75%), Sugar: 9.09g (10.1%), Cholesterol: 137.96mg (45.99%), Sodium: 822.4mg (35.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.23%), Calcium: 900.59mg (90.06%), Selenium: 53.49µg (76.41%), Phosphorus: 756.21mg (75.62%), Vitamin B12: 2.39µg (39.78%), Vitamin B2: 0.59mg (34.55%), Zinc: 5.1mg (34.01%), Manganese: 0.48mg (24.15%), Vitamin A: 1191.09IU (23.82%), Vitamin E: 2.78mg (18.55%), Magnesium: 70.9mg (17.73%), Vitamin B1: 0.19mg (12.92%), Vitamin D: 1.9µg (12.66%), Potassium: 421.04mg (12.03%), Vitamin B6: 0.23mg (11.44%), Vitamin K: 11.74µg (11.18%), Vitamin B5: 1.09mg (10.91%), Folate: 38.02µg (9.5%), Copper: 0.18mg (8.96%), Vitamin B3: 1.37mg (6.87%), Fiber: 1.68g (6.73%), Iron: 1.2mg (6.65%)