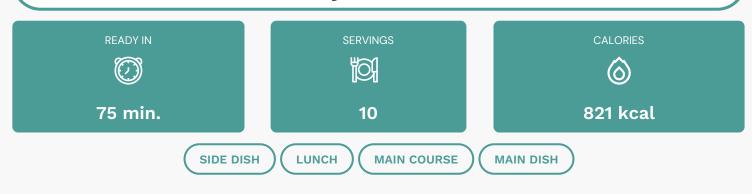


Shannon's Smoky Macaroni and Cheese



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
Εq	uipment
	bowl
	oven
	whisk
	pot
	baking pan
Diı	rections
	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

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: Og (100%), Alcohol %: O% (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%)