



Smokin' Macaroni and Cheese

READY IN



57 min.

SERVINGS



8

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter melted
- ☐ 2 cups cornflakes crushed
- ☐ 3 oz cream cheese softened
- ☐ 12 oz evaporated milk canned
- ☐ 3 tablespoons flour
- ☐ 8 oz gouda cheese smoked shredded
- ☐ 0.5 teaspoon ground pepper red divided
- ☐ 1 cup milk

- ☐ 1 pound soup noodles uncooked
- ☐ 0.8 teaspoon salt
- ☐ 8 oz ham smoked cooked chopped

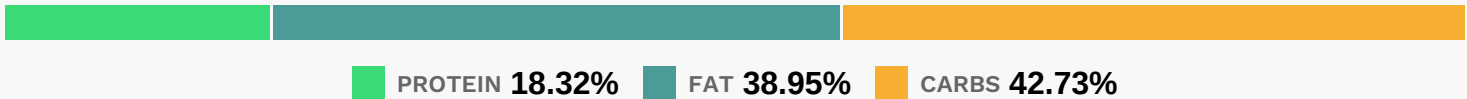
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare cellentani pasta according to package directions.
- ☐ Transfer hot pasta to a large bowl.
- ☐ Melt 2 Tbsp. butter in a medium saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and evaporated milk; cook, whisking constantly, 3 to 5 minutes or until thickened.
- ☐ Whisk in Gouda, cream cheese, salt, and 1/4 tsp. ground red pepper until smooth.
- ☐ Remove from heat, and stir in chopped ham.
- ☐ Combine pasta and Gouda cheese mixture, and pour into a lightly greased 13- x 9-inch baking dish. Stir together 2 cups crushed cereal, 2 Tbsp. melted butter, and remaining 1/4 tsp. ground red pepper; sprinkle over pasta mixture.
- ☐ Bake at 350 for 30 minutes or until golden and bubbly.
- ☐ Let stand 5 minutes before serving.
- ☐ Note: For testing purposes only, we used Barilla Cellentani Pasta.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:19.46, Inflammation Score:-7, Nutrition Score:17.450434736584%

Nutrients (% of daily need)

Calories: 538.08kcal (26.9%), Fat: 23.25g (35.76%), Saturated Fat: 13.77g (86.09%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 55.23g (20.08%), Sugar: 9g (10%), Cholesterol: 87.71mg (29.24%), Sodium: 983.94mg (42.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Selenium: 44.03µg (62.9%), Phosphorus: 468.73mg (46.87%), Calcium: 374.78mg (37.48%), Manganese: 0.56mg (28.1%), Vitamin B2: 0.45mg (26.67%), Zinc: 3.02mg (20.16%), Iron: 3.43mg (19.07%), Vitamin B12: 1.05µg (17.58%), Magnesium: 65.57mg (16.39%), Vitamin A: 805.39IU (16.11%), Vitamin B1: 0.22mg (14.38%), Vitamin B6: 0.28mg (13.94%), Copper: 0.27mg (13.48%), Folate: 51µg (12.75%), Potassium: 444.36mg (12.7%), Vitamin B3: 2.54mg (12.69%), Fiber: 2.16g (8.62%), Vitamin B5: 0.82mg (8.22%), Vitamin D: 0.77µg (5.15%), Vitamin E: 0.51mg (3.43%), Vitamin C: 2.37mg (2.88%), Vitamin K: 1.88µg (1.79%)