



Smoky Mac and Cheese

READY IN



50 min.

SERVINGS



8

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup breadcrumbs plain
- 0.5 teaspoon coarse salt (kosher or sea)
- 1 teaspoon dijon mustard
- 12 oz elbow macaroni uncooked
- 0.3 cup spring onion sliced (4 medium)
- 0.3 teaspoon ground pepper red (cayenne)
- 2 teaspoons olive oil
- 0.3 cup parmesan cheese grated
- 2 cups cheddar cheese smoked shredded

- 29 oz canned tomatoes diced fire roasted organic drained well canned
- 1.5 cups whipping cream

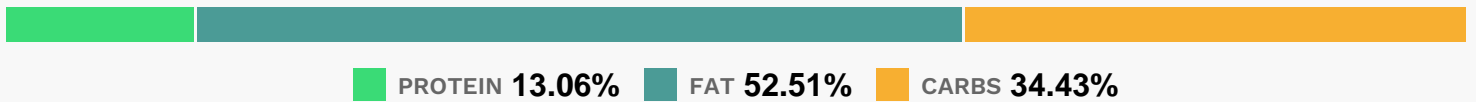
Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Cook and drain macaroni as directed on box. Return to saucepan; cover to keep warm.
- Meanwhile, heat oven to 375F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 2-quart saucepan, heat whipping cream, mustard, salt and red pepper to boiling. Reduce heat; stir in Cheddar cheese with wire whisk until smooth.
- Pour sauce over macaroni. Stir in tomatoes and onions.
- Pour into baking dish. In small bowl, mix Parmesan cheese and bread crumbs. Stir in oil.
- Sprinkle over top of macaroni mixture.
- Bake uncovered 15 to 20 minutes or until edges are bubbly and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:12.849565246831%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 494.12kcal (24.71%), Fat: 28.8g (44.31%), Saturated Fat: 16.65g (104.05%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 40.02g (14.55%), Sugar: 5.28g (5.86%), Cholesterol: 82.3mg (27.43%), Sodium: 616.23mg (26.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Selenium: 39.04µg (55.77%), Calcium: 316.84mg (31.68%), Vitamin A: 1443.77IU (28.88%), Phosphorus: 271.49mg (27.15%), Manganese: 0.45mg (22.37%), Vitamin B2: 0.27mg (15.88%), Zinc: 2.01mg (13.38%), Fiber: 2.48g (9.92%), Magnesium: 37.71mg (9.43%), Vitamin K: 9.65µg (9.19%), Iron: 1.5mg (8.34%), Copper: 0.15mg (7.68%), Vitamin B12: 0.44µg (7.38%), Vitamin B1: 0.1mg (6.88%), Vitamin D: 0.9µg (6.03%), Vitamin E: 0.88mg (5.84%), Folate: 22.55µg (5.64%), Vitamin B3: 1.09mg (5.47%), Vitamin B6: 0.11mg (5.41%), Potassium: 186.32mg (5.32%), Vitamin B5: 0.46mg (4.56%), Vitamin C: 2.76mg (3.34%)