



Southern Mac & Cheese Pie

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 3 eggs
- 2 cups elbow macaroni uncooked
- 24 ounce evaporated milk canned
- 1 tablespoon ground pepper black
- 1 teaspoon salt
- 4 cups cheddar cheese shredded

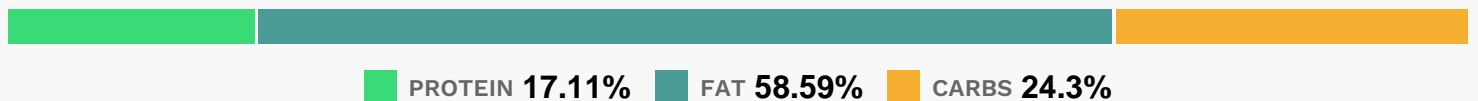
Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- casserole dish

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Spray a 9x13-inch casserole dish with cooking spray.
- Fill a large pot with lightly salted water and bring to a boil. Stir in the macaroni and return to a boil. Cook pasta uncovered, stirring occasionally, until it has cooked through but is still slightly firm, about 8 minutes; drain.
- Slowly melt butter in a large pot over low heat. Stir in evaporated milk and black pepper; cook until heated through.
- Whisk eggs in a bowl until smooth; whisk about 1/2 cup of the evaporated milk mixture into the eggs, 1 tablespoon at a time, until thoroughly incorporated.
- Whisk the egg mixture back into the saucepan with evaporated milk mixture. Continue to heat gently, whisking constantly, until the evaporated milk mixture almost comes to a simmer and the sauce thickens.
- Gently mix salt and cooked macaroni into the sauce and stir to combine.
- Spoon 1/4 of the macaroni mixture in a layer into the bottom of the prepared casserole dish and top with 1 cup shredded Cheddar cheese. Repeat layers three more times; top last cheese layer with paprika to taste.
- Bake in the preheated oven until casserole is bubbling, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:17.648695624393%

Nutrients (% of daily need)

Calories: 602.39kcal (30.12%), Fat: 39.27g (60.41%), Saturated Fat: 22.67g (141.68%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 35.35g (12.85%), Sugar: 9.73g (10.82%), Cholesterol: 173.05mg (57.68%), Sodium: 867.25mg (37.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.6%), Selenium: 45.31µg (64.73%), Calcium: 644.93mg (64.49%), Phosphorus: 534.83mg (53.48%), Vitamin B2: 0.62mg (36.5%), Vitamin A: 1217.14IU (24.34%), Zinc: 3.46mg (23.05%), Manganese: 0.43mg (21.64%), Vitamin B12: 0.91µg (15.1%), Magnesium: 57.77mg (14.44%), Vitamin B5: 1.21mg (12.06%), Potassium: 415.45mg (11.87%), Folate: 33.28µg (8.32%), Vitamin B6: 0.16mg (8.09%), Copper: 0.16mg (7.77%), Vitamin E: 1.11mg (7.39%), Vitamin B1: 0.1mg (6.4%), Iron: 1.07mg (5.97%), Fiber: 1.31g (5.24%), Vitamin D: 0.75µg (5.03%), Vitamin B3: 0.82mg (4.08%), Vitamin K: 4.17µg (3.97%), Vitamin C: 1.62mg (1.96%)