



Spicy Mac and Cheese

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



903 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon cayenne pepper
- 8 ounces colby cheese shredded
- 1 eggs beaten
- 2 cups elbow pasta cooked
- 2 teaspoons flour all-purpose
- 1 cup half-and-half
- 1 cup heavy cream

- 0.5 teaspoon kosher salt
- 6 servings kosher salt
- 0.5 teaspoon ground mustard dry
- 0.1 teaspoon nutmeg grated
- 8 ounces pepper jack cheese shredded
- 8 ounces cheddar cheese shredded
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon butter unsalted
- 0.3 cup vidalia sweet grated
- 4 slices bread white cut into 1/2-inch squares

Equipment

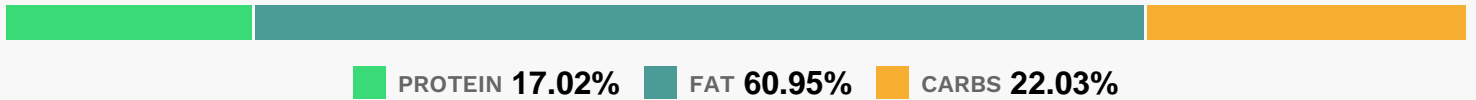
- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan
- casserole dish

Directions

- Watch how to make this recipe.
- To make the croutons, melt the butter in a skillet over medium heat.
- Add the bread cubes and toast until light golden, 4 to 6 minutes.
- Transfer to a paper towel-lined plate and season with a pinch of salt. Set aside.
- To prepare the pasta, butter the bottom and sides of a 9 x 13-inch casserole dish. Preheat the oven to 350 degrees F. In a medium bowl, toss together the Cheddar, Colby, and Jack cheeses.
- Put the cooked pasta in a large bowl and add two-thirds of the blended cheese. Set aside.

- To make the custard, in a large bowl, whisking between additions, mix together the flour, salt, black pepper, cayenne pepper, mustard, nutmeg, sour cream, egg, onion, heavy cream, and half-and-half.
- Pour the custard over the pasta mixture and toss to combine.
- Pour the macaroni mixture into the prepared baking dish. Cover with the remaining cheese blend.
- Bake uncovered until the cheese is almost set and the top is just beginning to brown, about 35 minutes.
- Remove from the oven and sprinkle the croutons over the top. Return the dish to the oven and bake until golden brown, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:56.3, Glycemic Load:6.58, Inflammation Score:-8, Nutrition Score:24.304347852002%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 902.74kcal (45.14%), Fat: 61.27g (94.26%), Saturated Fat: 36.76g (229.73%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 47.76g (17.37%), Sugar: 6.2g (6.89%), Cholesterol: 204.24mg (68.08%), Sodium: 1221.8mg (53.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.49g (76.99%), Calcium: 939.98mg (94%), Selenium: 60.76µg (86.8%), Phosphorus: 709.15mg (70.92%), Vitamin B2: 0.73mg (43.18%), Vitamin A: 1999.24IU (39.98%), Zinc: 4.9mg (32.66%), Manganese: 0.58mg (29.18%), Vitamin B12: 1.26µg (20.96%), Magnesium: 70.16mg (17.54%), Folate: 58.59µg (14.65%), Vitamin B1: 0.18mg (12.27%), Vitamin B6: 0.23mg (11.61%), Iron: 2.08mg (11.55%), Copper: 0.22mg (11.03%), Potassium: 360.55mg (10.3%), Vitamin D: 1.5µg (9.98%), Vitamin B5: 0.98mg (9.83%), Vitamin B3: 1.83mg (9.17%), Vitamin E: 1.27mg (8.47%), Fiber: 2.07g (8.28%), Vitamin K: 5.51µg (5.25%), Vitamin C: 1.15mg (1.39%)