



Spicy Macaroni and Cheese

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



681 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 slices bread
- 1 tablespoon butter
- 0.5 teaspoon cayenne pepper
- 8 ounces colby cheese cubed
- 0.5 teaspoon mustard dry
- 1 large eggs beaten
- 2 cups elbow pasta cooked

- 2 teaspoons flour all-purpose
- 1 cup half-and-half
- 1 cup heavy cream
- 0.1 teaspoon nutmeg freshly ground
- 0.3 cup onions finely grated
- 8 ounces monterey pepper jack cheese cubed
- 0.5 teaspoons salt
- 8 ounces cheddar shredded cubed
- 4 tablespoons cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a large bowl, toss together the pasta with the cheese cubes and pour into the baking dish.
- In a large bowl, mix together the flour, salt, black pepper, cayenne pepper, dry mustard, nutmeg.
- Add the sour cream, egg, heavy cream, half-and-half and onions.
- Pour over the pasta and cover with the shredded Cheddar.
- Bake uncovered until the top is just beginning to brown, about 35 minutes.
- Meanwhile, cut the bread into crouton-size squares. In a skillet over medium heat, melt the butter, add the bread cubes and toast until golden.
- Sprinkle the bread cubes on top of the macaroni and cheese and bake until golden brown, about 10 minutes more.

Nutrition Facts

PROTEIN 17.15% FAT 60.63% CARBS 22.22%

Properties

Glycemic Index:49.83, Glycemic Load:4.22, Inflammation Score:-8, Nutrition Score:18.71565241399%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 680.79kcal (34.04%), Fat: 45.98g (70.74%), Saturated Fat: 27.47g (171.68%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 36.05g (13.11%), Sugar: 4.71g (5.23%), Cholesterol: 155.27mg (51.76%), Sodium: 789.16mg (34.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.54%), Calcium: 695.39mg (69.54%), Selenium: 46.89µg (66.98%), Phosphorus: 536.48mg (53.65%), Vitamin B2: 0.56mg (32.8%), Vitamin A: 1496.28IU (29.93%), Manganese: 0.53mg (26.64%), Zinc: 3.72mg (24.78%), Vitamin B12: 0.95µg (15.79%), Magnesium: 55mg (13.75%), Folate: 42.05µg (10.51%), Iron: 1.65mg (9.18%), Vitamin B6: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.83%), Copper: 0.17mg (8.49%), Vitamin B5: 0.79mg (7.94%), Potassium: 276.4mg (7.9%), Vitamin B3: 1.56mg (7.81%), Fiber: 1.87g (7.46%), Vitamin D: 1.11µg (7.41%), Vitamin E: 0.96mg (6.37%), Vitamin K: 4.79µg (4.56%), Vitamin C: 1.01mg (1.22%)