



Sweet Corn Mac 'n' Cheese

READY IN



55 min.

SERVINGS



4

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 16 ounce corn canned
- ☐ 1 cup croutons
- ☐ 1 eggs lightly beaten
- ☐ 2 cups elbow macaroni
- ☐ 1 pinch ground nutmeg
- ☐ 4 servings salt and ground pepper black
- ☐ 3 dashes hot sauce plus more for serving
- ☐ 8 ounces mild cheddar yellow grated

- ☐ 1 cup milk
- ☐ 12 ounces mozzarella cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon onion powder

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ ziploc bags
- ☐ rolling pin

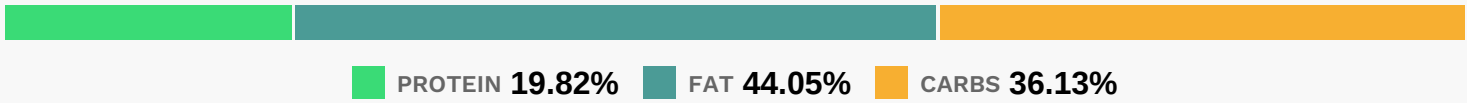
Directions

- ☐ Preheat the oven to 350 degrees F. Move one rack to the top of the oven.
- ☐ In a saucepan, simmer the corn with the milk and onion powder, if using, for 5 minutes.
- ☐ Combine the cornstarch with about 2 tablespoons water and stir well.
- ☐ Add the cornstarch to the corn mixture and whisk over medium heat for 3 minutes. Season the corn cream with a little nutmeg, salt, pepper and hot sauce if using.
- ☐ Remove from the heat, cover and keep warm.
- ☐ Boil the elbow macaroni in full rolling salted water for 4 to 6 minutes.
- ☐ Drain the macaroni well and add to the corn cream.
- ☐ Add the Cheddar, half of the mozzarella and the egg. Stir well.
- ☐ Pour into a 4-cup casserole dish or 12-inch cast-iron skillet and top with the remaining mozzarella.
- ☐ In a zip-top plastic bag, lightly crush the croutons using a small mallet or rolling pin. Stir together the oil and crushed croutons and spread over the top of the macaroni and corn mixture. Cook on the top rack until golden, 15 to 20 minutes.
- ☐ Serve with hot sauce.

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This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:5.71, Inflammation Score:-8, Nutrition Score:29.639565073926%

Nutrients (% of daily need)

Calories: 951.24kcal (47.56%), Fat: 46.91g (72.17%), Saturated Fat: 24.48g (153.01%), Carbohydrates: 86.59g (28.86%), Net Carbohydrates: 82.5g (30%), Sugar: 9.65g (10.72%), Cholesterol: 172.13mg (57.38%), Sodium: 1297.77mg (56.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.49g (94.98%), Selenium: 82.63µg (118.04%), Calcium: 936.81mg (93.68%), Phosphorus: 844.26mg (84.43%), Vitamin B12: 2.97µg (49.46%), Zinc: 6.62mg (44.16%), Vitamin B2: 0.75mg (44.01%), Manganese: 0.82mg (40.8%), Vitamin A: 1386.11IU (27.72%), Magnesium: 100.49mg (25.12%), Folate: 94.58µg (23.65%), Fiber: 4.1g (16.39%), Copper: 0.32mg (15.79%), Potassium: 535.97mg (15.31%), Vitamin B6: 0.3mg (15.05%), Vitamin B1: 0.22mg (14.6%), Vitamin B3: 2.88mg (14.41%), Iron: 2.36mg (13.09%), Vitamin B5: 1.29mg (12.91%), Vitamin D: 1.57µg (10.48%), Vitamin E: 1.39mg (9.3%), Vitamin C: 4.74mg (5.75%), Vitamin K: 5.88µg (5.6%)