



## The City and The Country Mac and Cheese

READY IN



85 min.

SERVINGS



10

CALORIES



855 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups breadcrumbs fresh white soft ( 4 bread slices)
- ☐ 2 tablespoons butter melted
- ☐ 6 tablespoons butter
- ☐ 12 ounces pasta
- ☐ 1 cup country ham diced
- ☐ 4 cups ham smoked diced fully cooked
- ☐ 2 teaspoons ground mustard dry
- ☐ 5 tablespoons flour all-purpose

- ☐ 1 tablespoon chives fresh minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.8 cups cup heavy whipping cream
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.5 teaspoon kosher salt
- ☐ 3.5 cups milk
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 cup onion grated
- ☐ 8 oz cheddar cheese shredded extra-sharp
- ☐ 2 cups swiss cheese diced
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons worcestershire sauce

## Equipment

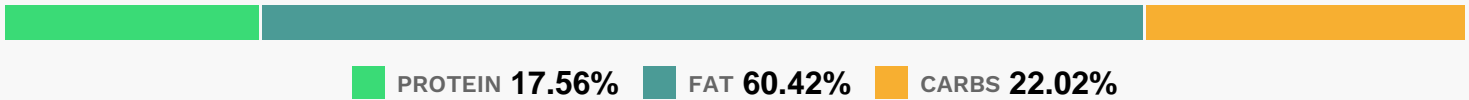
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 35
- ☐ Prepare pasta according to package directions for al dente.
- ☐ Stir together smoked ham and country ham. Saut half of ham mixture in 1 Tbsp. hot oil in a large skillet 7 to 8 minutes or until lightly browned. Repeat with remaining ham mixture and oil.
- ☐ Melt 6 Tbsp. butter in a large saucepan over medium heat.

- ☐ Add onion and next 5 ingredients, and saut 30 seconds or until fragrant.
- ☐ Add flour, and cook, stirring constantly, 2 minutes or until golden brown and smooth. Gradually whisk in milk and cream, and bring to a boil, whisking occasionally. Reduce heat to medium-low, and simmer, whisking constantly, 5 minutes or until slightly thickened and mixture coats a spoon. Stir in horseradish and Worcestershire sauce.
- ☐ Remove from heat, and stir in Cheddar cheese until melted. Stir in pasta, ham, and Gruyere; pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Process breadcrumbs and 2 Tbsp. melted butter in a food processor 6 to 7 seconds to combine.
- ☐ Sprinkle over pasta mixture.
- ☐ Bake on an aluminum foil-lined jelly-roll pan at 350 for 30 minutes or until bubbly and golden.
- ☐ Remove from oven to a wire rack, and cool 15 minutes. Top with chives.
- ☐ Note: We tested with Cracker Barrel Extra Sharp Cheddar.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:14.19, Inflammation Score:-8, Nutrition Score:24.96478267338%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 854.7kcal (42.73%), Fat: 57.31g (88.17%), Saturated Fat: 30.13g (188.33%), Carbohydrates: 47g (15.67%), Net Carbohydrates: 44.88g (16.32%), Sugar: 7.8g (8.67%), Cholesterol: 167.56mg (55.85%), Sodium: 1391.97mg (60.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.95%), Selenium: 59.55µg (85.07%), Phosphorus: 592.15mg (59.22%), Calcium: 534.89mg (53.49%), Vitamin B1: 0.71mg (47.35%), Vitamin B2: 0.63mg (37.02%), Vitamin B12: 1.94µg (32.4%), Zinc: 4.65mg (31%), Vitamin A: 1462.01IU (29.24%), Manganese: 0.53mg (26.55%), Vitamin B3: 5.19mg (25.93%), Vitamin B6: 0.44mg (22.17%), Magnesium: 68.54mg (17.14%), Potassium: 540.04mg (15.43%), Vitamin D: 2.23µg (14.88%), Iron: 2.25mg (12.48%), Vitamin B5: 1.21mg (12.08%), Copper: 0.24mg (11.78%), Folate: 43.84µg (10.96%), Vitamin E: 1.54mg (10.29%), Vitamin K: 10.15µg (9.66%), Fiber: 2.13g (8.51%), Vitamin C: 1.27mg (1.54%)