



Three Cheese Mac with Cheez-It Herb Crumb Crust

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 box cheez-it crackers
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup fontina grated
- ☐ 1 bunch chives fresh chopped
- ☐ 1 bunch flat-leaf parsley fresh chopped

- ☐ 2 tablespoons goat cheese crumbled soft
- ☐ 2 cups heavy cream
- ☐ 2 cups milk
- ☐ 2 tablespoons aged monterey jack cheese grated
- ☐ 1 pound penne pasta
- ☐ 6 servings salt

Equipment

- ☐ food processor
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ broiler

Directions

- ☐ Set the oven to broil.
- ☐ Add the pasta to a pot of boiling salted water and cook until al dente, 8 to 10 minutes.
- ☐ Pulse the crackers in a food processor to a coarse consistency.
- ☐ Mix with the chives and parsley.
- ☐ Whisk the butter and flour in a medium saucepot over medium-high heat until fully incorporated and bubbly.
- ☐ Add the milk and bring to a simmer, whisking the entire time.
- ☐ Whisk in the cheeses, a little at a time, until thoroughly combined.
- ☐ Add the heavy cream and season with salt and pepper.
- ☐ Strain the pasta and mix with the cheesy sauce. Spoon into oven-safe baking vessels and top with the crumb crust.
- ☐ Place under the broiler until lightly toasted and bubbling, 3 to 5 minutes. Watch carefully so the mac doesn't burn.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:25.66, Inflammation Score:-9, Nutrition Score:24.569565026656%

Flavonoids

Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 783.83kcal (39.19%), Fat: 44.33g (68.2%), Saturated Fat: 25.78g (161.13%), Carbohydrates: 77.12g (25.71%), Net Carbohydrates: 73.85g (26.85%), Sugar: 10.02g (11.13%), Cholesterol: 120.93mg (40.31%), Sodium: 532.62mg (23.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.67%), Vitamin K: 170.26µg (162.15%), Selenium: 54.89µg (78.42%), Vitamin A: 2368.48IU (47.37%), Manganese: 0.85mg (42.62%), Phosphorus: 377.88mg (37.79%), Calcium: 274.58mg (27.46%), Vitamin B2: 0.42mg (24.86%), Magnesium: 67.21mg (16.8%), Vitamin B1: 0.25mg (16.39%), Vitamin C: 13.5mg (16.36%), Copper: 0.31mg (15.41%), Iron: 2.75mg (15.3%), Vitamin D: 2.24µg (14.9%), Zinc: 2.17mg (14.46%), Vitamin B3: 2.65mg (13.24%), Fiber: 3.27g (13.09%), Potassium: 455.46mg (13.01%), Folate: 51.64µg (12.91%), Vitamin B12: 0.7µg (11.72%), Vitamin E: 1.72mg (11.49%), Vitamin B6: 0.23mg (11.29%), Vitamin B5: 1.02mg (10.21%)