



Three Cheese Sausage Mac and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



1005 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound sausage italian
- ☐ 1 lb elbow noodles dry
- ☐ 8 tablespoons butter unsalted
- ☐ 0.5 cup all purpose flour
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 cups milk
- ☐ 3 cups mozzarella cheese shredded
- ☐ 1.5 cups cheddar cheese shredded

- ☐ 1.5 teaspoons hot sauce such as tapatio
- ☐ 2 cups gouda cheese shredded

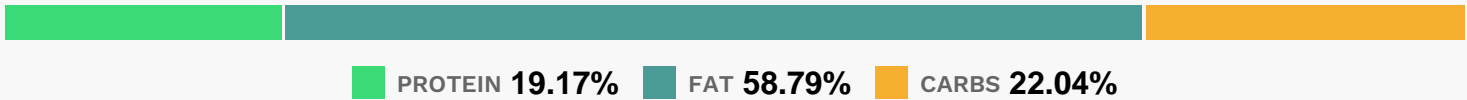
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F. and lightly spray a 9×13 inch baking dish with non-stick cooking spray. Brown sausage until cooked and crumbled.
- ☐ Drain if necessary and set aside. Cook pasta according to package directions, drain water and run under cool water. Set pasta aside.
- ☐ Melt butter in a large dutch oven or pot over medium heat.
- ☐ Whisk in flour, salt and pepper until thick and bubbly. Slowly whisk in milk. Increase heat to medium high and keep whisking until milk becomes nice and thick. Once thick, reduce heat to low and stir in mozzarella and cheddar cheese until smooth and creamy. Stir in sausage and cooked pasta.
- ☐ Transfer to prepared baking dish and top with shredded Gouda cheese.
- ☐ Bake for 20–25 minutes until cheese is melted and hot.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:6.53, Inflammation Score:-7, Nutrition Score:28.393043694289%

Nutrients (% of daily need)

Calories: 1004.5kcal (50.23%), Fat: 65.3g (100.46%), Saturated Fat: 35.17g (219.83%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 53.02g (19.28%), Sugar: 7.04g (7.82%), Cholesterol: 204.14mg (68.05%), Sodium: 1500.05mg (65.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.89g (95.79%), Selenium: 75.85µg (108.36%), Calcium: 897.06mg (89.71%), Phosphorus: 845.43mg (84.54%), Vitamin B12: 3.04µg (50.74%), Zinc: 6.51mg (43.38%), Vitamin B2: 0.69mg (40.5%), Vitamin B1: 0.51mg (34.31%), Manganese: 0.65mg (32.38%), Vitamin A: 1304.5IU (26.09%), Magnesium: 80.67mg (20.17%), Vitamin B6: 0.38mg (19%), Vitamin B3: 3.45mg (17.25%), Potassium: 518.56mg (14.82%), Copper: 0.26mg (12.92%), Folate: 49.34µg (12.33%), Vitamin B5: 1.22mg (12.18%), Iron: 2.15mg (11.94%), Vitamin D: 1.64µg (10.93%), Fiber: 2.06g (8.24%), Vitamin E: 0.81mg (5.42%), Vitamin K: 4.35µg (4.14%), Vitamin C: 1.7mg (2.05%)