



White Truffle Mac and Cheese

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup japanese bread crumbs panko
- ☐ 0.5 cup butter
- ☐ 1.5 cups cavatappi pasta cooked
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup herbs fresh chopped equal parts rosemary, thyme and basil
- ☐ 0.5 cup garlic chopped
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 cup onion red chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup infused truffle oil white
- ☐ 2 cups milk whole

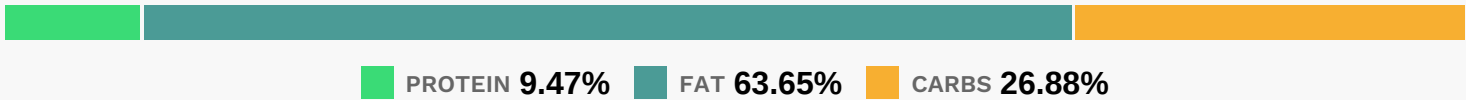
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Add butter to a saucepan over medium-high heat.
- ☐ Saute the onions and garlic until they turn slightly brown.
- ☐ Add the flour and whisk together for 3 minutes to make a blonde roux.
- ☐ Whisk in the milk and bring to a boil, stirring constantly to prevent the roux from burning.
Cook for approximately 10 minutes or until the roux has dissolved completely and you can no longer taste the flour.
- ☐ Add the pasta and stir until hot.
- ☐ Add the fresh herbs, the truffle oil, and half of the Parmesan and stir until dissolved. Season, to taste, with salt and pepper. Put all ingredients into an ovenproof dish and sprinkle the remaining cheese and bread crumbs on top evenly.
- ☐ Place under a broiler until top becomes golden brown.

Nutrition Facts



Properties

Glycemic Index:89.88, Glycemic Load:19.2, Inflammation Score:-8, Nutrition Score:20.963912963867%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 622.58kcal (31.13%), Fat: 44.57g (68.58%), Saturated Fat: 20.95g (130.94%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 40.02g (14.55%), Sugar: 7.59g (8.43%), Cholesterol: 84.15mg (28.05%), Sodium: 465.44mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Vitamin K: 134.52µg (128.11%), Selenium: 25.82µg (36.88%), Calcium: 363.46mg (36.35%), Vitamin A: 1638.63IU (32.77%), Manganese: 0.63mg (31.25%), Phosphorus: 301.72mg (30.17%), Vitamin B2: 0.35mg (20.72%), Vitamin C: 16.76mg (20.31%), Vitamin B1: 0.29mg (19.47%), Vitamin E: 2.8mg (18.7%), Vitamin B6: 0.36mg (18.07%), Vitamin B12: 0.87µg (14.5%), Iron: 2.46mg (13.66%), Folate: 53.14µg (13.29%), Potassium: 385.15mg (11%), Magnesium: 43.86mg (10.96%), Zinc: 1.57mg (10.47%), Fiber: 2.35g (9.41%), Vitamin D: 1.4µg (9.36%), Vitamin B3: 1.76mg (8.82%), Vitamin B5: 0.84mg (8.39%), Copper: 0.15mg (7.62%)