

Baked Mac & Cheese

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*16 ounces elbow macaroni
16 ounces Cheddar cheese (or Colby
cheese), shredded
12 ounces evaporated milk
8 ounces heavy whipping cream
2 tablespoons all-purpose flour
1/2 teaspoon ground mustard
1/2 teaspoon black pepper
1 1/2 teaspoons seasoned salt
2 eggs
3/4 stick salted butter, divided*

Cook Time: 35 minutes

Preheat the oven to 325 degrees.

In a large stock pot, bring three cups of water to a boil. Add in the elbow macaroni. Cook until tender but not overcooked.

In a large saucepan, heat 3/4 stick of butter until melted. Whisk in the flour until blended, then pour in the evaporated milk. Whisk until a smooth, creamy consistency. Add in the seasoned salt, ground mustard and black pepper. Remove from the direct heat.

Add in the eggs and heavy cream. Once combined, fold in eight ounces of Cheddar cheese.

Grease a casserole dish. Combine the cooked noodles with the cream mixture. Layer the dish alternately with the noodle mixture and four ounces of Cheddar sprinkled in. Top with the remaining cheese.

Bake for 35 minutes.

Per Serving (excluding unknown items): 3136 Calories; 127g Fat (36.7% calories from fat); 100g Protein; 394g Carbohydrate; 12g Dietary Fiber; 835mg Cholesterol; 2668mg Sodium. Exchanges: 23 Grain(Starch); 1 1/2 Lean Meat; 3 1/2 Non-Fat Milk; 22 1/2 Fat; 0 Other Carbohydrates.

Pasta

Calories (kcal): 3136
% Calories from Fat: 36.7%
% Calories from Carbohydrates: 50.5%
% Calories from Protein: 12.9%
Total Fat (g): 127g
Saturated Fat (g): 72g
Monounsaturated Fat (g): 37g
Polyunsaturated Fat (g): 8g
Cholesterol (mg): 835mg
Carbohydrate (g): 394g
Dietary Fiber (g): 12g
Protein (g): 100g
Sodium (mg): 2668mg
Potassium (mg): 2101mg
Calcium (mg): 1174mg
Iron (mg): 21mg
Zinc (mg): 10mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 5175IU
Vitamin A (r.e.): 1343 1/2RE

Vitamin B6 (mg): .8mg
Vitamin B12 (mcg): 2.3mcg
Thiamin B1 (mg): 5.0mg
Riboflavin B2 (mg): 3.9mg
Folacin (mcg): 189mcg
Niacin (mg): 36mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 23
Lean Meat: 1 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 3 1/2
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3136 **Calories from Fat:** 1150

% Daily Values*

Total Fat	127g	195%
Saturated Fat	72g	360%
Cholesterol	835mg	278%
Sodium	2668mg	111%
Total Carbohydrates	394g	131%
Dietary Fiber	12g	47%
Protein	100g	
Vitamin A		103%
Vitamin C		13%
Calcium		117%
Iron		117%

* Percent Daily Values are based on a 2000 calorie diet.