

Modernist Mac and Cheese

Scott Helmeadinger - Associated Press
Palm Beach Post

Servings: 5

2 cups elbow macaroni
1 1/8 cups milk or water
2 1/4 teaspoons sodium citrate
2 1/2 cups white Cheddar cheese,
finely grated
salt to taste

Bring a large pot of water to a boil. Add the pasta and cook al dente, 5 to 6 minutes. Drain the pasta, but do not rinse it.

Meanwhile, in a medium saucepan over medium heat, whisk together the milk or water and sodium citrate. Bring to a simmer. Add the cheese, a spoonful at a time, stirring well between additions. Continue stirring until the cheese is melted and steaming, then transfer the sauce to a food processor. Process until completely smooth, about 30 seconds.

Transfer the cheese sauce immediately back to the saucepan and return to the heat. Once the sauce is hot, add the pasta and stir until coated.

Season with salt.

Per Serving (excluding unknown items): 85 Calories; trace Fat (3.9% calories from fat); 3g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Grain(Starch).

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	85	Vitamin B6 (mg):	trace
% Calories from Fat:	3.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	82.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
			0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	2mg
Potassium (mg):	37mg
Calcium (mg):	4mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Caffeine (mg):	0
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories	85	Calories from Fat:	3
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% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	17g	6%
Dietary Fiber	1g	2%
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		5%

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