

Deluxe Baked Macaroni and Cheese

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Servings: 12

1 package (16 ounce) elbow macaroni
1/4 cup all-purpose flour
2 cups 2% milk
1/2 cup heavy whipping cream
1 package (8 ounce) process cheese
(Velveeta), cubed
1 cup (4 ounce) shredded cheddar
cheese
2/3 cup whipped cream cheese
1/4 cup Parmesan cheese, grated
1 can (14-1/2 ounce) diced tomatoes,
drained
1 1/2 cups fully cooked ham, cubed
1 cup (8 ounce) sour cream
1 teaspoon Dijon mustard
TOPPING
1 1/2 cups soft bread crumbs
1/4 cup parmesan cheese, grated
2 tablespoons butter, melted

Preparation Time: 30 minutes

Bake: 25 minutes

Preheat the oven to 350 degrees.

Cook the macaroni according to package directions.

In a Dutch oven, whisk the flour, milk and cream until smooth. Bring to a boil. Cook and stir for 2 minutes or until thickened.

Stir in the cheeses until melted. Add the tomatoes, ham, sour cream and mustard. Drain the macaroni. Add to the cheese mixture and toss to coat.

Transfer to a greased 13x9-inch baking dish. In a small bowl, mix the topping ingredients. Sprinkle over the top.

Bake, uncovered, for 25 to 30 minutes or until bubbly and the bread crumbs are browned.

Per Serving (excluding unknown items): 242 Calories; 18g Fat (66.3% calories from fat); 8g Protein; 13g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 249mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	242	Vitamin B6 (mg):	trace
% Calories from Fat:	66.3%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates:	20.8%
% Calories from Protein:	12.8%
Total Fat (g):	18g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	54mg
Carbohydrate (g):	13g
Dietary Fiber (g):	trace
Protein (g):	8g
Sodium (mg):	249mg
Potassium (mg):	162mg
Calcium (mg):	201mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	669IU
Vitamin A (r.e.):	174 1/2RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	16mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 242 Calories from Fat: 160

% Daily Values*

Total Fat	18g	28%
Saturated Fat	11g	56%
Cholesterol	54mg	18%
Sodium	249mg	10%
Total Carbohydrates	13g	4%
Dietary Fiber	trace	2%
Protein	8g	

Vitamin A	13%
Vitamin C	6%
Calcium	20%
Iron	4%

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