

Macaroni and Cheese

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-cheese-mac-n-cheese-recipe>

Ingredients:

- 3 tablespoons butter
- 2 1/4 cups milk warmed
- 1/4 cup all-purpose flour
- 1 teaspoon coarse salt
- 1 dash ground nutmeg
- 1 pinch cayenne pepper
- 1/8 teaspoon ground black pepper freshly
- 2 1/4 cups sharp cheddar cheese grated
- 1 cup gruyère cheese or grated Swiss
- 1/2 pound noodles macaroni
- 1/3 cup dried breadcrumbs

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 120 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 18 grams
8. Sodium: 870 milligrams
9. Sugar: 7 grams

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