



Aria's Mac n' Cheese

READY IN



55 min.

SERVINGS



12

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 8 ounces cream cheese
- 2 bags eggs noodles
- 5 tablespoons flour all-purpose
- 8 ounces goat cheese
- 1 pint half-and-half
- 2 jalapeños (with seeds) chopped
- 12 servings kosher salt
- 12 ounces monterrey jack cheese grated

- 1 small onion chopped
- 2 cups panko bread crumbs
- 0.5 teaspoon salt
- 2 tablespoons butter unsalted melted
- 5 tablespoons butter unsalted
- 1 quart milk whole

Equipment

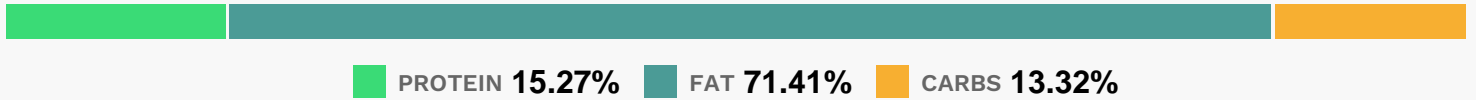
- frying pan
- baking sheet
- oven
- whisk
- pot
- baking pan

Directions

- Special equipment: 9 by 13-inch baking dish or 2 smaller baking dishes
- Preheat the oven to 350 degrees F.
- Bring a large pot of salted water to a boil and cook the egg noodles according to package directions until al dente, cooked, but with a little bite to them.
- Drain well, and set aside.
- In a large pot, melt the butter over medium heat and saute the onion and jalapenos. Cook the mixture for about 5 minutes, or until the onion is softened. Stir in the flour and cook, stirring, for 6 minutes.
- Pour in the milk and half-and-half and whisk until the mixture thickens, about 4 to 5 minutes.
- Add in the Monterey Jack, cream cheese, and goat cheese and whisk until all the cheese is melted. Turn off the heat and stir in the cooked noodles.
- Pour the mixture into a 9 by 13-inch baking dish or 2 smaller baking dishes and set aside.
- On a baking sheet, blend together the panko, melted butter and salt and spread the mixture out into an even layer on the pan.

- Bake in the oven until golden brown, about 10 minutes. Watch it so it doesn't burn.
- On another baking sheet, lay out the strips of bacon and bake them for 15 minutes, or until crispy.
- Bake the mac 'n' cheese for 15 minutes, or until bubbling.
- Remove from the oven and top with the toasted panko and then the bacon.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:3.61, Inflammation Score:-7, Nutrition Score:13.240000154661%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 512.25kcal (25.61%), Fat: 40.85g (62.85%), Saturated Fat: 23.07g (144.18%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.44g (5.98%), Sugar: 7.42g (8.24%), Cholesterol: 106.93mg (35.64%), Sodium: 843.52mg (36.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.3%), Calcium: 419.04mg (41.9%), Phosphorus: 363.27mg (36.33%), Vitamin B2: 0.49mg (28.76%), Selenium: 16.58µg (23.68%), Vitamin A: 1171.66IU (23.43%), Vitamin B1: 0.26mg (17.02%), Vitamin B12: 0.96µg (15.97%), Zinc: 2.01mg (13.4%), Vitamin B6: 0.23mg (11.46%), Copper: 0.2mg (9.9%), Vitamin B3: 1.9mg (9.49%), Vitamin B5: 0.9mg (9.04%), Vitamin D: 1.31µg (8.76%), Potassium: 300.09mg (8.57%), Magnesium: 34.17mg (8.54%), Manganese: 0.15mg (7.69%), Iron: 1.33mg (7.41%), Folate: 28.74µg (7.18%), Vitamin E: 0.78mg (5.17%), Vitamin C: 3.55mg (4.31%), Vitamin K: 3.89µg (3.71%), Fiber: 0.7g (2.8%)