



Bacon and Brussels Sprout Mac and Cheese

READY IN



75 min.

SERVINGS



6

CALORIES



826 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings pepper black freshly ground
- 4 cups brussels sprouts
- 3 tablespoons butter
- 1 pound pasta with lines, or penne
- 1 cup chicken stock see
- 0.5 cup cooking wine dry white
- 1 tablespoon evoo
- 3 tablespoons flour
- 3 cloves garlic chopped

- 1 cup gruyere cheese shredded
- 6 servings nutmeg freshly grated
- 1 onion chopped
- 1 cup parmigiano-reggiano grated
- 6 servings salt
- 1 cup sharp cheddar shredded white
- 4 ounces center-cut bacon chopped
- 3 cups milk whole

Equipment

- bowl
- oven
- knife
- whisk
- pot
- baking pan
- kitchen towels

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- With a sharp paring knife, core the Brussels sprouts and separate the leaves; place in a large bowl.
- Heat a large pot of water to boil and salt the water. Parboil the leaves to tender crisp, 2 minutes.
- Remove with a spider, drain and cool. Dry the leaves on a kitchen towel.
- Add more water to fill the pot back up for the pasta, return to a boil.
- Heat a saucepot over medium heat; add the EVOO and brown the bacon.
- Remove and drain.

- Pour off most of the drippings, then add the butter and melt.
- Add the garlic and onions, stir 5 minutes.
- Add a little salt and pepper, then stir in the flour for 1 minute.
- Whisk in the wine to deglaze the saucepot.
- Whisk in the stock and then the milk. Season with a little bit of nutmeg. Thicken the sauce to coat the back of a spoon. Reduce the heat to low.
- Boil the pasta to just shy of al dente, 5 to 6 minutes, drain.
- Stir two-thirds each of the Cheddar, gruyere and Parmigiano-Reggiano into the sauce in a figure-eight motion.
- Drain the pasta, then toss with the Brussels sprouts, bacon and sauce, and pour into a baking dish. Top with the remaining cheese. Cool and store for a make-ahead meal, or bake to serve.
- Place into the oven and bake until heated through and bubbly and brown on top.

Nutrition Facts



■ **PROTEIN 18.2%**
■ **FAT 44.05%**
■ **CARBS 37.75%**

Properties

Glycemic Index:77.5, Glycemic Load:29.17, Inflammation Score:-9, Nutrition Score:34.613478411799%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 826.33kcal (41.32%), Fat: 39.82g (61.26%), Saturated Fat: 20.12g (125.75%), Carbohydrates: 76.77g (25.59%), Net Carbohydrates: 71.24g (25.9%), Sugar: 11.65g (12.95%), Cholesterol: 97.73mg (32.58%), Sodium: 1036.38mg (45.06%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 37.02g (74.05%), Vitamin K: 107.94µg (102.8%), Selenium: 69.69µg (99.55%), Calcium: 760.65mg (76.06%), Phosphorus: 700.98mg (70.1%), Vitamin C: 51.83mg (62.83%), Manganese: 1.08mg (53.79%), Vitamin B2: 0.55mg (32.2%), Zinc: 4.25mg (28.33%),

Vitamin A: 1353.63IU (27.07%), Magnesium: 101.42mg (25.35%), Vitamin B12: 1.52µg (25.28%), Vitamin B6: 0.49mg (24.34%), Vitamin B1: 0.36mg (23.9%), Fiber: 5.53g (22.14%), Potassium: 767.94mg (21.94%), Vitamin B3: 3.63mg (18.13%), Folate: 71.05µg (17.76%), Copper: 0.35mg (17.44%), Iron: 2.55mg (14.16%), Vitamin B5: 1.41mg (14.1%), Vitamin D: 1.75µg (11.64%), Vitamin E: 1.5mg (10%)