



## Bacon and Herbs Mac 'n' Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 oz bacon chopped
- 0.5 cup bread crumbs dried plain
- 0.5 cup brie cheese cut into chunks
- 3 tablespoons butter divided melted
- 0.5 cup cream cheese cut into chunks
- 12 ounces elbow macaroni
- 2 garlic cloves minced
- 0.3 cup green onions chopped
- 0.3 cup herbs such as tarragon mixed fresh chopped

0.5 cup sharp cheddar cheese shredded

## Equipment

bowl

paper towels

oven

pot

ramekin

## Directions

Preheat oven to broil. Cook macaroni according to package directions.

Drain.

Meanwhile, fry bacon until crisp, about 5 minutes, then drain on paper towels, reserving 1 tbsp. grease. Set bacon aside.

In the warm pasta pot, mix reserved grease, 2 tbsp. butter, the herbs, onions, garlic, and soft cheeses.

Mix in warm pasta and bacon. Spoon into 4 ramekins (1 1/2-cup size); sprinkle with cheddar cheese.

In a small bowl, combine remaining 1 tbsp. butter and the bread crumbs, stirring to combine.

Sprinkle evenly over cheese.

Broil ramekins until golden and bubbling, about 3 minutes.

## Nutrition Facts



**PROTEIN 13.17%** **FAT 45.34%** **CARBS 41.49%**

## Properties

Glycemic Index:65.75, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:19.402608721153%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin:

0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 739.67kcal (36.98%), Fat: 37.13g (57.12%), Saturated Fat: 19.73g (123.32%), Carbohydrates: 76.44g (25.48%), Net Carbohydrates: 72.9g (26.51%), Sugar: 4.47g (4.97%), Cholesterol: 95.05mg (31.68%), Sodium: 584.74mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.51%), Selenium: 70.12µg (100.17%), Manganese: 0.97mg (48.44%), Phosphorus: 345.39mg (34.54%), Calcium: 216.35mg (21.63%), Vitamin K: 22.25µg (21.19%), Vitamin A: 1039.69IU (20.79%), Vitamin B2: 0.35mg (20.72%), Vitamin B1: 0.29mg (19.11%), Zinc: 2.76mg (18.37%), Magnesium: 65.77mg (16.44%), Vitamin B3: 3.22mg (16.08%), Copper: 0.32mg (15.81%), Fiber: 3.55g (14.19%), Vitamin B6: 0.28mg (13.86%), Folate: 52.35µg (13.09%), Iron: 2.14mg (11.9%), Vitamin B12: 0.66µg (11.05%), Potassium: 357.1mg (10.2%), Vitamin B5: 0.91mg (9.12%), Vitamin E: 0.86mg (5.77%), Vitamin C: 1.91mg (2.32%), Vitamin D: 0.25µg (1.64%)