



## Bacon Burger Mac 'n' Cheese

READY IN



85 min.

SERVINGS



8

CALORIES



1203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces smoky bacon chopped (12 slices)
- 0.5 cup beef stock
- 6 tablespoons butter
- 1.5 pounds hollow cavatappi pasta
- 4 cups cheddar shredded yellow
- 8 servings bread and butter pickle chips
- 1 tablespoon evoo
- 5 tablespoons flour
- 1.5 pounds ground beef sirloin

- 1 tablespoon hot sauce
- 8 servings iceberg lettuce chopped
- 0.3 cup catsup organic for garnish
- 3 cups milk
- 1 onion finely chopped
- 8 servings coarse pepper black
- 2 tablespoons relish for garnish
- 8 servings onions raw white red chopped
- 8 servings salt
- 8 servings tomatoes diced
- 3 tablespoons worcestershire sauce
- 0.3 cup mustard yellow for garnish

## Equipment

- frying pan
- oven
- whisk
- pot
- casserole dish
- slotted spoon
- dutch oven

## Directions

- Watch how to make this recipe.
- Bring a large pot of water to a boil for the pasta. Salt the water and cook the pasta shy of al dente, 5 to 6 minutes.
- While the water comes to a boil, heat the EVOO in a Dutch oven or deep skillet over medium-high heat.
- Add the bacon and crisp.

- Remove the bacon with a slotted spoon and remove some of the drippings, leaving a thin layer.
- Add the beef, brown and crumble, but leave a few larger pieces. Season with salt and pepper. Once the beef has caramelized, add the onions and cook to tender.
- Add the stock and Worcestershire, then reduce the heat to low.
- In a saucepot over medium to medium-high heat, melt the butter.
- Whisk in the flour, cook 1 minute.
- Whisk in the milk and season with salt and pepper. Thicken to coat the back of a spoon. Stir in the cheese. When the cheese has melted into the sauce, stir in the mustard, ketchup, relish and hot sauce.
- Combine the pasta with the sauce and fold in the meat.
- Place in a large casserole dish. Cool and store for a make-ahead meal.
- To serve, preheat the oven to 375 degrees F. Bring the casserole to room temp then bake until brown and bubbly on top and golden at edges, 45 to 50 minutes.

## Nutrition Facts

**PROTEIN 17.21%** **FAT 51.2%** **CARBS 31.59%**

### Properties

Glycemic Index:52.5, Glycemic Load:33.92, Inflammation Score:-10, Nutrition Score:42.289130335269%

### Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg

### Nutrients (% of daily need)

Calories: 1203.29kcal (60.16%), Fat: 68.64g (105.59%), Saturated Fat: 30.75g (192.21%), Carbohydrates: 95.29g (31.76%), Net Carbohydrates: 87.34g (31.76%), Sugar: 19.48g (21.64%), Cholesterol: 178.51mg (59.5%), Sodium: 1544.36mg (67.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.92g (103.85%), Selenium: 98.72µg (141.04%), Phosphorus: 822.42mg (82.24%), Manganese: 1.31mg (65.69%), Calcium: 624.87mg (62.49%), Vitamin A: 3038.81IU (60.78%), Zinc: 8.45mg (56.34%), Vitamin B12: 3.14µg (52.39%), Vitamin B6: 0.91mg (45.45%), Vitamin B3: 8.83mg (44.16%), Vitamin B2: 0.74mg (43.82%), Potassium: 1488.99mg (42.54%), Vitamin C: 35.07mg (42.51%),

Vitamin K: 44.08µg (41.98%), Vitamin B1: 0.51mg (33.94%), Magnesium: 135.13mg (33.78%), Fiber: 7.95g (31.79%), Folate: 111.6µg (27.9%), Iron: 4.92mg (27.34%), Copper: 0.54mg (27.11%), Vitamin B5: 2.01mg (20.08%), Vitamin E: 2.95mg (19.65%), Vitamin D: 1.6µg (10.67%)