



## Bacon-Pepper Mac and Cheese

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



840 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 10 oz penne pasta uncooked
- ☐ 0.3 cup butter
- ☐ 1 cup bell pepper red thinly sliced
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon dijon mustard

- ☐ 2.3 cups milk
- ☐ 10 slices farro cut into 1/2-inch pieces (from 2.1-oz package)
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 cup muenster cheese shredded
- ☐ 0.5 cup gruyere cheese shredded
- ☐ 0.3 cup breadcrumbs italian

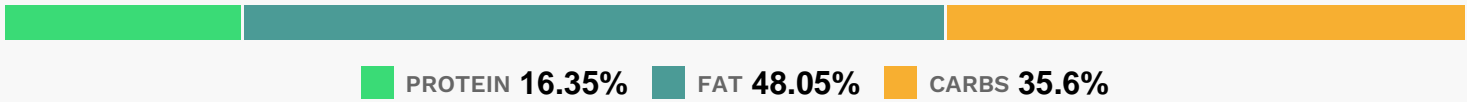
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 350°F. Spray 2-quart casserole with cooking spray. Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 3-quart saucepan, melt butter over low heat. Reserve 1 tablespoon of the butter in small bowl. Stir bell pepper and onions into butter in saucepan. Increase heat to medium; cook and stir 1 minute. Stir in flour, salt, pepper and mustard. Cook, stirring constantly, until mixture is bubbly. Increase heat to medium-high. Gradually add milk, stirring constantly, until mixture boils and thickens, about 5 minutes. Gently stir in bacon and pasta.
- ☐ Remove from heat; stir in cheeses until melted.
- ☐ Pour into casserole. Stir bread crumbs into melted butter in small bowl.
- ☐ Sprinkle over pasta mixture.
- ☐ Bake uncovered 20 to 25 minutes or until edges are bubbly.

## Nutrition Facts



## Properties

Glycemic Index:96.75, Glycemic Load:28.88, Inflammation Score:-9, Nutrition Score:30.201739103898%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 839.63kcal (41.98%), Fat: 44.86g (69.02%), Saturated Fat: 26.55g (165.96%), Carbohydrates: 74.79g (24.93%), Net Carbohydrates: 70.88g (25.77%), Sugar: 11.15g (12.39%), Cholesterol: 130.76mg (43.59%), Sodium: 1015.26mg (44.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.7%), Selenium: 67.17µg (95.96%), Calcium: 780.3mg (78.03%), Phosphorus: 673.46mg (67.35%), Vitamin C: 48.86mg (59.22%), Vitamin A: 2651.8IU (53.04%), Manganese: 0.86mg (42.94%), Vitamin B2: 0.6mg (35.58%), Vitamin B12: 1.78µg (29.61%), Zinc: 4.36mg (29.05%), Magnesium: 87.35mg (21.84%), Vitamin B1: 0.32mg (21.21%), Vitamin K: 19.11µg (18.2%), Vitamin B6: 0.36mg (18.08%), Folate: 67.48µg (16.87%), Potassium: 564.87mg (16.14%), Fiber: 3.91g (15.63%), Vitamin B3: 2.78mg (13.92%), Copper: 0.28mg (13.75%), Vitamin B5: 1.3mg (13.05%), Vitamin D: 1.95µg (12.99%), Iron: 2.12mg (11.8%), Vitamin E: 1.56mg (10.38%)