



Bacon, Ranch, and Chicken Mac and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 slice bacon
- 1 tablespoon canola oil
- 2 ounces colby cheese shredded
- 0.3 cup cream of mushroom soup fat-free 45% 98% undiluted reduced-sodium
- 8 ounces elbow macaroni uncooked
- 1.5 cups skim milk fat-free
- 1 tablespoon flour all-purpose
- 0.5 teaspoon optional: dill fresh chopped
- 0.5 teaspoon garlic powder

- 3 ounces pizza cheese shredded italian (such as Sargento)
- 0.5 teaspoon onion powder
- 0.1 teaspoon salt
- 8 ounces chicken breast boneless skinless cut into 1/2-inch pieces

Equipment

- frying pan
- sauce pan
- whisk
- baking pan
- broiler

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving drippings in pan. Finely chop bacon; set aside. Increase heat to medium-high.
- Add chicken to drippings in pan; saut 6 minutes or until done.
- Heat oil in a large saucepan over medium heat; sprinkle flour evenly into pan. Cook 2 minutes, stirring constantly with a whisk.
- Combine milk and soup, stirring with a whisk; gradually add milk mixture to saucepan, stirring with a whisk. Bring to a boil; cook 2 minutes or until thick.
- Remove from heat; let stand 4 minutes or until sauce cools to 15
- Add Italian cheese blend, onion powder, garlic powder, dill, and salt, stirring until cheese melts. Stir in pasta and chicken.
- Preheat broiler.
- Spoon mixture into an 8-inch square baking dish coated with cooking spray.
- Sprinkle evenly with reserved bacon and colby-Jack cheese. Broil 3 minutes or until cheese melts.

Nutrition Facts

PROTEIN 26.41% FAT 33.05% CARBS 40.54%

Properties

Glycemic Index:32.06, Glycemic Load:2.54, Inflammation Score:-5, Nutrition Score:18.004782435687%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 505.94kcal (25.3%), Fat: 18.47g (28.42%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 51g (17%), Net Carbohydrates: 49.02g (17.83%), Sugar: 6.26g (6.95%), Cholesterol: 61.44mg (20.48%), Sodium: 491.28mg (21.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.43%), Selenium: 59.74µg (85.34%), Phosphorus: 407.71mg (40.77%), Vitamin B3: 7.52mg (37.62%), Manganese: 0.62mg (30.83%), Vitamin B6: 0.6mg (30.08%), Calcium: 278.36mg (27.84%), Vitamin B2: 0.29mg (17.14%), Potassium: 554.06mg (15.83%), Magnesium: 62.63mg (15.66%), Zinc: 2.31mg (15.38%), Vitamin B5: 1.49mg (14.93%), Vitamin B12: 0.82µg (13.75%), Copper: 0.24mg (11.88%), Vitamin B1: 0.18mg (11.85%), Fiber: 1.98g (7.92%), Vitamin D: 1.17µg (7.83%), Iron: 1.34mg (7.46%), Vitamin A: 348.33IU (6.97%), Vitamin E: 0.85mg (5.67%), Folate: 22.12µg (5.53%), Vitamin K: 3.07µg (2.92%)