



Baked Macaroni and Cheese I

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 cups milk
- ☐ 1 onion chopped
- ☐ 8 ounces penne pasta
- ☐ 3 cups cheddar cheese shredded

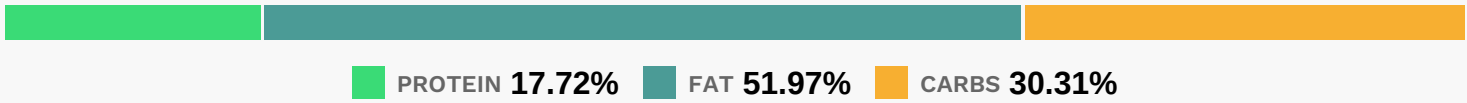
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a large pot with boiling salted water cook pasta until al dente.
- ☐ Drain.
- ☐ In a medium skillet saute the chopped onion, and minced garlic. Take off heat and add chopped cooked bacon and set aside.
- ☐ To make the sauce, in a medium saucepan melt the butter or margarine over low heat. Once melted, add the flour and stir constantly for 2 minutes. Gradually add milk and continue stirring until thickened. Stir in 2 cups of the grated Cheddar cheese and stir until melted.
- ☐ Combine cooked pasta, sauteed vegetables and sauce.
- ☐ Pour into a 2 quart casserole dish.
- ☐ Add the last cup of grated Cheddar cheese to top of mixture.
- ☐ Bake uncovered in preheated oven until cheese on top is melted and brown, 15 to 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:15.66, Inflammation Score:-6, Nutrition Score:15.469130438307%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 505.32kcal (25.27%), Fat: 29.14g (44.83%), Saturated Fat: 15.85g (99.08%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 36.6g (13.31%), Sugar: 5.9g (6.56%), Cholesterol: 81.13mg (27.04%), Sodium: 482.13mg (20.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.69%), Selenium: 44.38µg (63.4%), Calcium: 514.6mg (51.46%), Phosphorus: 434.17mg (43.42%), Vitamin B2: 0.42mg (24.45%), Manganese: 0.41mg (20.7%), Zinc: 3.09mg (20.63%), Vitamin B12: 1.08µg (18.05%), Vitamin A: 817.64IU (16.35%), Magnesium: 48.81mg (12.2%), Vitamin B1: 0.16mg (10.35%), Vitamin B6: 0.19mg (9.59%), Potassium: 298.22mg (8.52%), Vitamin D: 1.26µg (8.42%), Vitamin B5: 0.79mg (7.87%), Folate: 29.17µg (7.29%), Copper: 0.15mg (7.29%), Fiber: 1.63g (6.53%), Vitamin B3: 1.3mg (6.5%), Iron: 0.83mg (4.63%), Vitamin E: 0.65mg (4.35%), Vitamin K: 2.06µg (1.96%), Vitamin C: 1.51mg (1.83%)