



## BLT Mac and Cheese

 Popular

READY IN



65 min.

SERVINGS



10

CALORIES



977 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter
- 32 oz cheese prepared cut into large cubes
- 2 cups cherry tomatoes
- 1 lb bacon crumbled cooked
- 16 oz elbow macaroni
- 1 cup panko bread crumbs plain crispy italian-style progresso®
- 8 oz sharp cheddar cheese shredded
- 9 oz pkt spinach fresh

4 cups milk whole

## Equipment

bowl

oven

whisk

aluminum foil

microwave

glass baking pan

## Directions

In large microwavable bowl, place cheese cubes, butter and milk. Microwave uncovered on High 8 to 10 minutes. Stir with whisk; microwave on High 4 minutes longer. Stir again; repeat microwaving until all cheese is melted and mixture can be stirred smooth, a total of about 15 minutes.

Heat oven to 350°F. Cook macaroni in boiling salted water 3 minutes less than directed on box (macaroni should be firm).

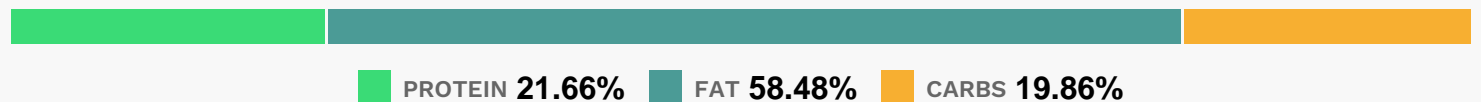
Drain; place in 15x10-inch (4-quart) glass baking dish.

Pour melted cheese sauce over macaroni; mix well. Stir in shredded cheese, tomatoes and spinach.

Cover dish with foil; bake 30 minutes. Uncover; sprinkle bacon and bread crumbs evenly over top.

Bake 5 minutes longer or until top is lightly browned. Cool at least 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.4, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:39.053913074991%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## **Nutrients (% of daily need)**

Calories: 977.41kcal (48.87%), Fat: 63.34g (97.44%), Saturated Fat: 32.17g (201.04%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 45.92g (16.7%), Sugar: 7.5g (8.34%), Cholesterol: 182.22mg (60.74%), Sodium: 1647.31mg (71.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.78g (105.55%), Selenium: 87.58µg (125.12%), Vitamin K: 127.92µg (121.83%), Calcium: 977.17mg (97.72%), Phosphorus: 911.77mg (91.18%), Vitamin A: 3991.19IU (79.82%), Vitamin B2: 0.85mg (49.89%), Zinc: 6.86mg (45.72%), Manganese: 0.76mg (37.82%), Vitamin B12: 2.25µg (37.57%), Vitamin B3: 6.44mg (32.19%), Vitamin B1: 0.47mg (31.42%), Magnesium: 105.96mg (26.49%), Vitamin B6: 0.53mg (26.28%), Folate: 91.94µg (22.99%), Potassium: 781.67mg (22.33%), Vitamin C: 13.96mg (16.93%), Vitamin B5: 1.63mg (16.29%), Copper: 0.29mg (14.4%), Iron: 2.39mg (13.26%), Vitamin E: 1.96mg (13.07%), Vitamin D: 1.94µg (12.9%), Fiber: 2.49g (9.97%)