



BLT Mac and Cheese

READY IN



65 min.

SERVINGS



10

CALORIES



608 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 loaf cheese cut into large cubes (32 oz. box)
- ☐ 2 cups cherry tomatoes
- ☐ 1 lb bacon crumbled cooked
- ☐ 16 oz elbow macaroni
- ☐ 1 cup panko bread crumbs plain crispy italian-style
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 9 oz pkt spinach fresh
- ☐ 4 cups milk whole

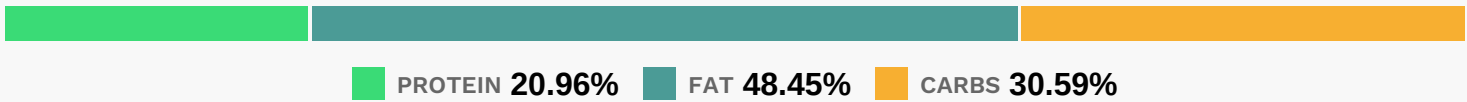
Equipment

- ☐ 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 350F. 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, Inflammation Score:-9, Nutrition Score:29.072608657505%

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: 607.69kcal (30.38%), Fat: 32.53g (50.04%), Saturated Fat: 14.77g (92.3%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 43.71g (15.89%), Sugar: 7.21g (8.01%), Cholesterol: 91.6mg (30.53%), Sodium: 1054.67mg (45.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.33%), Vitamin K: 125.75µg (119.76%), Selenium: 61.94µg (88.48%), Vitamin A: 3083.19IU (61.66%), Phosphorus: 496.74mg (49.67%), Manganese: 0.75mg (37.37%), Calcium: 336.49mg (33.65%), Vitamin B3: 6.39mg (31.96%), Vitamin B1: 0.44mg (29.67%), Vitamin B2: 0.45mg (26.38%), Zinc: 3.53mg (23.55%), Vitamin B6: 0.46mg (23.15%), Vitamin B12: 1.29µg (21.56%), Magnesium: 81.5mg (20.37%), Potassium: 711.89mg (20.34%), Folate: 72.91µg (18.23%), Vitamin C: 13.96mg (16.93%), Copper: 0.26mg (12.9%), Vitamin B5: 1.25mg (12.55%), Iron: 2.24mg (12.46%), Fiber: 2.49g (9.97%), Vitamin D: 1.39µg (9.28%), Vitamin E: 1.28mg (8.54%)