

# Broccoli Mac and Cheese with Bacon and Potato Nugget Topping

READY IN



90 min.

SERVINGS



8

CALORIES



987 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 teaspoon adobo seasoning
- 6 slices bacon
- 1 head broccoli cut into florets
- 2 teaspoons butter
- 3 eggs
- 16 ounce elbow macaroni
- 2 cups milk
- 1 small onion chopped

- 20 potatoes frozen tater tots® (such as )
- 8 servings salt and pepper to taste
- 2 cups cheddar cheese shredded divided
- 2 cups mozzarella cheese shredded divided

## Equipment

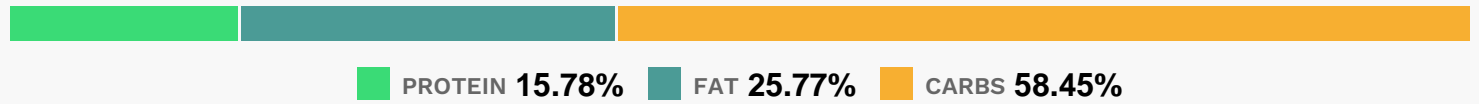
- bowl
- frying pan
- paper towels
- oven
- whisk
- pot
- baking pan
- aluminum foil
- colander

## Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate. Crumble the bacon and set aside.
- Heat 1 teaspoon of butter in a skillet over medium heat. Stir in the broccoli and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Whisk together the eggs, the remaining 1 teaspoon of butter, and milk in a large bowl. Season with salt, pepper, and adobo seasoning. Stir in 1 cup of Cheddar cheese, 1 cup of mozzarella cheese, the broccoli mixture and half of the potato nuggets.

- Place macaroni into the baking dish and pour the cheese mixture over the pasta, mixing well. Top with the remaining 1 cup of Cheddar cheese, 1 cup of mozzarella, bacon, and potato nuggets. Cover with aluminum foil.
- Bake in the preheated oven until golden brown, 40 to 45 minutes.

## Nutrition Facts



### Properties

Glycemic Index:36.22, Glycemic Load:70.7, Inflammation Score:-9, Nutrition Score:49.529999981756%

### Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 10.28mg, Kaempferol: 10.28mg, Kaempferol: 10.28mg, Kaempferol: 10.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

### Nutrients (% of daily need)

Calories: 987.25kcal (49.36%), Fat: 28.57g (43.96%), Saturated Fat: 13.98g (87.38%), Carbohydrates: 145.78g (48.59%), Net Carbohydrates: 130.12g (47.31%), Sugar: 10.71g (11.9%), Cholesterol: 132.65mg (44.22%), Sodium: 778.82mg (33.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.74%), Vitamin C: 173.34mg (210.11%), Vitamin B6: 1.94mg (96.77%), Selenium: 61.71µg (88.15%), Vitamin K: 89.37µg (85.12%), Phosphorus: 810.62mg (81.06%), Potassium: 2812.63mg (80.36%), Manganese: 1.53mg (76.35%), Fiber: 15.66g (62.65%), Calcium: 540.26mg (54.03%), Magnesium: 193.97mg (48.49%), Vitamin B1: 0.64mg (42.56%), Copper: 0.81mg (40.6%), Folate: 160.68µg (40.17%), Vitamin B2: 0.67mg (39.59%), Vitamin B3: 7.86mg (39.29%), Zinc: 5.19mg (34.58%), Iron: 6mg (33.31%), Vitamin B5: 3mg (29.97%), Vitamin B12: 1.5µg (24.98%), Vitamin A: 1181.91IU (23.64%), Vitamin D: 1.35µg (8.99%), Vitamin E: 1.28mg (8.53%)