



Cheese Lovers 5 Cheese Mac and Cheese

READY IN



100 min.

SERVINGS



6

CALORIES



1171 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 1 bay leaf
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 cup bread crumbs
- ☐ 1 tablespoon dijon mustard
- ☐ 6 tablespoons flour all-purpose
- ☐ 1.5 cups fontina grated
- ☐ 1 sprig thyme leaves fresh
- ☐ 0.8 cup gruyere cheese grated

- ☐ 2 cups heavy cream
- ☐ 6 servings kosher salt
- ☐ 16 ounce macaroni cellentani or other curly noodle
- ☐ 1 medium onion diced
- ☐ 0.8 cup parmesan grated
- ☐ 3 tablespoons parsley italian chopped
- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons butter unsalted plus more to butter baking dish
- ☐ 0.8 cup cheddar white grated Australian
- ☐ 2.5 cups milk whole

Equipment

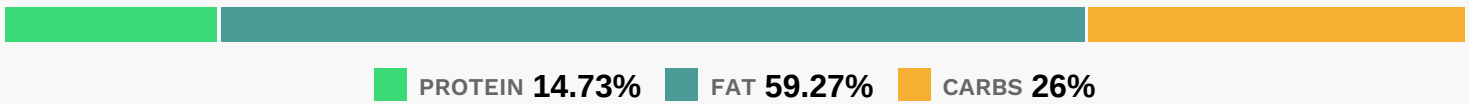
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 450 degrees F and butter a 9 by 13-inch glass baking dish.
- ☐ Bring a large pot of water to a boil and add salt. Cook macaroni according to package directions.
- ☐ Drain.
- ☐ In a large Dutch oven or other heavy pot, saute the bacon until crisp.

- ☐ Remove bacon with a slotted spoon and reserve.
- ☐ Saute the onion in the bacon drippings until soft.
- ☐ Add the 5 tablespoons butter to the onion mixture and melt the butter stirring with a wooden spoon.
- ☐ Using a whisk, add the flour, and stir constantly until well mixed with the fat making a roux.
- ☐ Whisk in the mustard. Gradually add the milk and cream whisking constantly.
- ☐ Add the thyme, bay leaf, and salt.
- ☐ Let come to a simmer and stir frequently for 15 minutes.
- ☐ Strain the hot milk mixture into a metal bowl and discard the solids. Working quickly, mix in 1 cup fontina, blue cheese, 1/2 cup Gruyere, 1/2 cup white Cheddar, 1/2 cup Parmesan, the reserved bacon, and parsley. Continue to stir until all cheese is melted.
- ☐ Add the cooked noodles to the cheese mixture to coat.
- ☐ Add the noodle mixture to the prepared baking dish.
- ☐ Mix the remaining cheese and bread crumbs together and sprinkle on top of the noodles.
- ☐ Bake for about 15 to 20 minutes or until bubbling and golden brown.
- ☐ Remove from oven when done and rest for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:6.77, Inflammation Score:-9, Nutrition Score:30.709565535836%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 1171.4kcal (58.57%), Fat: 77.29g (118.9%), Saturated Fat: 45.26g (282.86%), Carbohydrates: 76.27g (25.42%), Net Carbohydrates: 72.93g (26.52%), Sugar: 11.14g (12.37%), Cholesterol: 226.9mg (75.63%), Sodium:

1444.84mg (62.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.43%), Selenium: 76.25µg (108.92%), Calcium: 871.41mg (87.14%), Phosphorus: 755.48mg (75.55%), Vitamin A: 2591.72IU (51.83%), Manganese: 0.85mg (42.4%), Vitamin B2: 0.68mg (39.93%), Vitamin K: 39.09µg (37.23%), Vitamin B12: 2.06µg (34.36%), Zinc: 5.06mg (33.72%), Magnesium: 90.7mg (22.67%), Vitamin B1: 0.34mg (22.67%), Vitamin D: 3.14µg (20.93%), Vitamin B6: 0.36mg (18.17%), Vitamin B5: 1.67mg (16.65%), Potassium: 581.96mg (16.63%), Vitamin B3: 3.24mg (16.18%), Copper: 0.3mg (15.01%), Folate: 54µg (13.5%), Fiber: 3.34g (13.35%), Iron: 2.21mg (12.29%), Vitamin E: 1.55mg (10.32%), Vitamin C: 4.78mg (5.79%)