



Chipotle-Bacon Mac and Cheese

READY IN



80 min.

SERVINGS



10

CALORIES



768 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 16 oz pasta
- ☐ 1 cup cheddar cheese freshly grated
- ☐ 3 cups cheddar cheese smoked freshly grated
- ☐ 6 slices bacon cooked chopped
- ☐ 2 tablespoons corn oil divided
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon chipotle chili powder
- ☐ 1 teaspoon pepper white

- ☐ 3 cups half and half
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 small onion diced
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 3 teaspoons sea salt divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

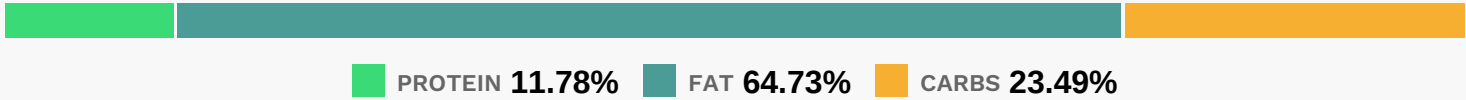
Directions

- ☐ Preheat oven to 35
- ☐ Bring 1 gal. water and 1 1/2 tsp. salt to a boil in a Dutch oven; add pasta. Cook 8 to 9 minutes or until al dente.
- ☐ Drain; rinse with cold water. Toss with 1 Tbsp. oil.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion, and saut 4 to 5 minutes or until tender.
- ☐ Add flour, and cook, whisking constantly, 1 to 2 minutes or until smooth. (Do not brown flour.)
- ☐ Add half-and-half, next 2 ingredients, and remaining 1 1/2 tsp. sea salt, and bring to a simmer. Cook, whisking constantly, 5 to 6 minutes or until thickened. Gradually add cheeses, stirring until blended.
- ☐ Transfer mixture to a large bowl; stir in cooked pasta. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Saut chipotle pepper in remaining 1 Tbsp. hot corn oil in a small skillet over medium heat 30 seconds or until mixture begins to smoke.

- ☐
- Remove from heat, and quickly stir in bacon and panko until coated.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:15.3, Inflammation Score:-8, Nutrition Score:17.450869596523%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 768.16kcal (38.41%), Fat: 55.58g (85.5%), Saturated Fat: 31.56g (197.23%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 43.43g (15.79%), Sugar: 6.35g (7.06%), Cholesterol: 153.55mg (51.18%), Sodium: 1243.29mg (54.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Selenium: 49.74µg (71.05%), Calcium: 453.24mg (45.32%), Phosphorus: 423.51mg (42.35%), Vitamin A: 1754.48IU (35.09%), Vitamin B2: 0.51mg (29.71%), Manganese: 0.5mg (25.11%), Zinc: 2.96mg (19.72%), Magnesium: 52.18mg (13.04%), Vitamin B12: 0.78µg (13.01%), Vitamin E: 1.79mg (11.93%), Vitamin B1: 0.18mg (11.84%), Vitamin B6: 0.19mg (9.69%), Potassium: 329.32mg (9.41%), Vitamin B3: 1.88mg (9.38%), Copper: 0.18mg (9.23%), Vitamin B5: 0.82mg (8.25%), Folate: 32.42µg (8.1%), Fiber: 1.96g (7.82%), Vitamin D: 1.05µg (7.01%), Iron: 1.2mg (6.66%), Vitamin K: 6.12µg (5.83%), Vitamin C: 1.5mg (1.82%)