

Chipotle-Bacon Mac and Cheese







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
Eq	uipment
	bowl
	frying pan
	sauce pan
	oven
	whisk
	baking pan
	dutch oven
Di	rections
	Preheat oven to 35
	Bring 1 gal. water and 11/2 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 11/2 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.
Sprinkle mixture over pasta.
Bake at 350 for 15 to 20 minutes or until golden and crisp on top.
Serve immediately.
Nutrition Facts
PROTEIN 11.78% FAT 64.73% CARBS 23.49%

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, 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 %: O% (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: O.51mg (29.71%), Manganese: O.5mg (25.11%), Zinc: 2.96mg (19.72%), Magnesium: 52.18mg (13.04%), Vitamin B12: O.78µg (13.01%), Vitamin E: 1.79mg (11.93%), Vitamin B1: O.18mg (11.84%), Vitamin B6: O.19mg (9.69%), Potassium: 329.32mg (9.41%), Vitamin B3: 1.88mg (9.38%), Copper: O.18mg (9.23%), Vitamin B5: O.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%)