



Dressed-Up Bacon Mac and Cheese

READY IN



80 min.

SERVINGS



4

CALORIES



738 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces aged asiago cheese grated
- ☐ 3 strips bacon
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 4 servings kosher salt
- ☐ 8 ounces macaroni
- ☐ 2.5 cups milk cold

- ☐ 1 medium onion chopped
- ☐ 4 ounces provolone cheese grated
- ☐ 2 scallions white green chopped
- ☐ 4 servings butter unsalted for greasing
- ☐ 3 slices sandwich bread white

Equipment

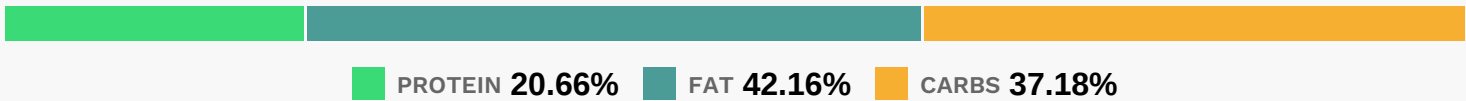
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 375 degrees F. Butter a 2-quart shallow casserole dish. In a large pot of salted boiling water, cook the macaroni until al dente, about 5 minutes.
- ☐ Drain; transfer the pasta to the prepared casserole dish along with 1/4 cup of the cold milk. (This will cool the pasta and prevent it from becoming gummy.)
- ☐ Meanwhile, mix the cheeses together in a small bowl. Beat the eggs with 1/4 cup of the milk in a medium bowl.
- ☐ Add the scallions, bread and half of the cheese to the egg mixture; set aside.
- ☐ Cook the bacon in a large skillet over medium heat until crisp; transfer to paper towels to drain. Discard all but 2 tablespoons drippings from the pan.
- ☐ Add the onion and garlic; cook, stirring, until just brown, about 4 minutes. Stir in the flour, cayenne pepper and 1 teaspoon salt; cook for 2 minutes. Slowly add the remaining 1 3/4 cups milk and 3/4 cup water to the skillet. Bring to a boil, whisking until thick.
- ☐ Remove the sauce from the heat and whisk to cool slightly.

- ☐ Whisk in the remaining cheese.
- ☐ Add the sauce to the macaroni; stir to combine.
- ☐ Crumble up the bacon and add it to the egg/bread mixture.
- ☐ Spread evenly over the pasta.
- ☐ Place the casserole dish on a baking sheet and bake until golden brown, about 35 to 40 minutes.
- ☐ Remove from the oven; let sit 5 minutes before serving.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:90.69, Glycemic Load:13.53, Inflammation Score:-8, Nutrition Score:26.734347861746%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 738.23kcal (36.91%), Fat: 34.36g (52.87%), Saturated Fat: 18.22g (113.86%), Carbohydrates: 68.18g (22.73%), Net Carbohydrates: 65.13g (23.68%), Sugar: 11.67g (12.96%), Cholesterol: 171.78mg (57.26%), Sodium: 1152.44mg (50.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.88g (75.76%), Selenium: 66.81µg (95.44%), Calcium: 818.11mg (81.81%), Phosphorus: 711.79mg (71.18%), Vitamin B2: 0.65mg (37.96%), Manganese: 0.75mg (37.61%), Vitamin B12: 1.89µg (31.52%), Zinc: 3.93mg (26.18%), Vitamin B1: 0.37mg (24.37%), Vitamin A: 1070.62IU (21.41%), Magnesium: 84.38mg (21.09%), Vitamin B6: 0.37mg (18.69%), Vitamin D: 2.6µg (17.35%), Vitamin B5: 1.72mg (17.25%), Folate: 67.19µg (16.8%), Potassium: 577.74mg (16.51%), Vitamin B3: 3.23mg (16.14%), Iron: 2.68mg (14.89%), Vitamin K: 14.69µg (13.99%), Copper: 0.26mg (12.86%), Fiber: 3.05g (12.21%), Vitamin E: 0.82mg (5.45%), Vitamin C: 3.44mg (4.18%)