

Fancy Macaroni

READY IN



35 min.

SERVINGS



12

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 slices bacon
- 1 Tablespoon bacon (reserved From Bacon Slices)
- 2 egg yolk whole beaten
- 0.3 cup flour all-purpose
- 0.5 cup fontina grated
- 0.5 cup gruyere cheese grated
- 0.5 cup half and half
- 4 cups .5 oz. macaroni
- 2 onion whole sliced cut in half and thin

- 0.5 cup parmesan grated
- 12 servings salt and pepper to taste
- 8 Tablespoons butter salted (Butter)
- 2 cups milk whole 2%

Equipment

- frying pan
- paper towels
- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 350 degrees.Cook macaroni for half the time of the package instructions.
- Drain and set aside.Fry bacon until slightly, but not overly, crispy.
- Drain on a paper towel. Reserve grease.Melt 4 tablespoons butter in a skillet and then saute onions over medium-low heat for 10 to 12 minutes, or until golden brown and soft. Set aside.In a pot, melt 4 tablespoons butter (and add 1 tablespoon of the reserved bacon grease for good measure!).
- Sprinkle in flour and whisk to combine. Cook, stirring constantly, over medium heat for 1 minute.
- Pour in milk and half & half, then cook for 3 to 5 minutes or until thick. Reduce heat to low.
- Add salt & pepper to taste. (Do not undersalt!)Beat egg yolks and drizzle 1/4 cup hot mixture into the yolks, stirring constantly. Stir to combine.
- Pour egg mixture into sauce and cook for another minute.
- Add cheeses and stir until melted.
- Add onions and bacon and stir. Taste for seasonings and add more salt if needed.
- Add cooked macaroni and stir to coat.
- Pour into a baking dish and bake for 15 to 20 minutes or until sizzling and hot.

Serve with red meat or a green salad.

Nutrition Facts

PROTEIN 14.19% **FAT 53.17%** **CARBS 32.64%**

Properties

Glycemic Index:20.33, Glycemic Load:2.6, Inflammation Score:-5, Nutrition Score:10.303478277248%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 402.88kcal (20.14%), Fat: 23.73g (36.5%), Saturated Fat: 12.04g (75.24%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 31.27g (11.37%), Sugar: 4.25g (4.72%), Cholesterol: 89.05mg (29.68%), Sodium: 559.28mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.49%), Selenium: 32.43µg (46.33%), Phosphorus: 248.27mg (24.83%), Calcium: 215.11mg (21.51%), Manganese: 0.37mg (18.55%), Vitamin B2: 0.19mg (11.16%), Vitamin B12: 0.64µg (10.69%), Zinc: 1.58mg (10.53%), Vitamin A: 520.58IU (10.41%), Vitamin B1: 0.15mg (10.13%), Vitamin B6: 0.18mg (8.92%), Magnesium: 34.12mg (8.53%), Vitamin B3: 1.64mg (8.2%), Potassium: 238.01mg (6.8%), Vitamin B5: 0.65mg (6.48%), Copper: 0.13mg (6.43%), Fiber: 1.5g (6.01%), Folate: 20.68µg (5.17%), Vitamin D: 0.77µg (5.16%), Iron: 0.84mg (4.67%), Vitamin E: 0.51mg (3.38%), Vitamin C: 1.45mg (1.75%), Vitamin K: 1.41µg (1.34%)