



## Four-Cheese Macaroni

READY IN



75 min.

SERVINGS



8

CALORIES



808 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 oz freshly asiago cheese shredded
- 1.5 cups breadcrumbs fresh soft
- 0.5 cup butter
- 2 tablespoons butter melted
- 12 ounces cavatappi pasta
- 8 oz freshly cheddar cheese shredded white
- 0.5 cup bacon cooked chopped
- 0.5 cup flour all-purpose
- 4 oz freshly fontina cheese shredded

- 0.5 teaspoon ground pepper red
- 3 cups milk
- 4 oz freshly monterey jack cheese shredded
- 0.5 cup pecans chopped

## Equipment

- bowl
- oven
- whisk
- baking pan
- dutch oven

## Directions

- Preheat oven to 35
- Prepare pasta according to package directions.
- Meanwhile, melt 1/2 cup butter in a Dutch oven over low heat; whisk in flour and ground red pepper until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, 6 to 7 minutes or until milk mixture is thickened and bubbly.
- Remove from heat.
- Toss together Cheddar cheese and next 3 ingredients in a medium bowl; reserve 1 1/2 cups cheese mixture.
- Add remaining cheese mixture and hot cooked pasta to sauce, tossing to coat. Spoon into a lightly greased 13- x 9-inch baking dish. Top with reserved 1 1/2 cups cheese mixture.
- Toss together breadcrumbs and next 3 ingredients; sprinkle over cheese mixture.
- Bake at 350 for 35 to 40 minutes or until bubbly and golden brown.

## Nutrition Facts



PROTEIN 16.82%  FAT 53.92%  CARBS 29.26%

## Properties

Glycemic Index:50.63, Glycemic Load:19.14, Inflammation Score:-8, Nutrition Score:23.909999928397%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

## Nutrients (% of daily need)

Calories: 807.68kcal (40.38%), Fat: 48.47g (74.57%), Saturated Fat: 25.64g (160.23%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 56.01g (20.37%), Sugar: 7.6g (8.45%), Cholesterol: 123.05mg (41.02%), Sodium: 1029.06mg (44.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.03%), Selenium: 55.72µg (79.59%), Calcium: 721.65mg (72.16%), Phosphorus: 605.71mg (60.57%), Manganese: 0.95mg (47.64%), Vitamin B2: 0.56mg (32.98%), Vitamin B1: 0.45mg (30.09%), Zinc: 4.22mg (28.12%), Vitamin A: 1281.87IU (25.64%), Vitamin B12: 1.5µg (24.97%), Magnesium: 74.62mg (18.66%), Vitamin B3: 3.55mg (17.75%), Copper: 0.3mg (14.92%), Folate: 56.13µg (14.03%), Iron: 2.44mg (13.57%), Vitamin B6: 0.26mg (12.76%), Fiber: 3.17g (12.68%), Potassium: 405.49mg (11.59%), Vitamin B5: 1.1mg (11%), Vitamin D: 1.45µg (9.64%), Vitamin E: 1mg (6.7%), Vitamin K: 4.9µg (4.66%)