



## Grilled Mac and Cheese With Pulled Pork

READY IN



90 min.

SERVINGS



4

CALORIES



1787 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup barbecue sauce
- 8 slices buttermilk white
- 4 cups deluxe four-cheese macaroni and cheese dinner warmed prepared
- 6 tablespoons mayonnaise
- 2 onions freshly ground thinly sliced
- 2 cups barbecued pulled pork prepared
- 6 ounces sharp cheddar cheese
- 1 stick butter unsalted softened

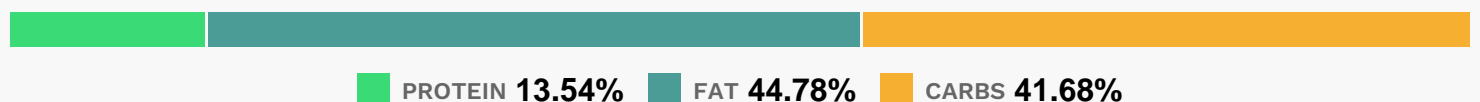
## Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- baking pan
- stand mixer

## Directions

- Put 6 tablespoons butter and the mayonnaise in the bowl of a stand mixer; beat with the paddle attachment until combined, scraping down the sides of the bowl as needed. Set aside.
- Spread the macaroni and cheese in an 8-inch-square baking dish to about 3/4 inch thick. Cover with plastic wrap and chill until firm, about 45 minutes.
- Cut the macaroni and cheese into squares that are slightly smaller than the bread slices.
- Meanwhile, melt the remaining 2 tablespoons butter in a skillet over medium heat.
- Add the onions and cook, stirring, until caramelized, about 20 minutes. Season with salt and pepper.
- Combine the barbecue sauce and pulled pork in a saucepan over low heat and cook until warmed through, about 5 minutes.
- Generously spread the butter-mayonnaise mixture on one side of each bread slice. Flip over half of the bread slices; layer 1 slice of cheddar, 1 macaroni-and-cheese square and another slice of cheddar on each. Top each with one-quarter of the pulled pork and caramelized onions and another slice of cheddar. Top with the remaining bread slices, buttered-side up.
- Heat a large skillet or griddle over medium-low heat. Working in batches, cook the sandwiches until the cheese melts and the bread is golden, about 5 minutes per side.
- Photograph by Andrew Mccaul

## Nutrition Facts



## Properties

Glycemic Index:61.94, Glycemic Load:88.59, Inflammation Score:-8, Nutrition Score:27.354347830233%

## Nutrients (% of daily need)

Calories: 1787.13kcal (89.36%), Fat: 89.21g (137.24%), Saturated Fat: 28.33g (177.04%), Carbohydrates: 186.81g (62.27%), Net Carbohydrates: 184.89g (67.23%), Sugar: 43.92g (48.8%), Cholesterol: 162.95mg (54.32%), Sodium: 3906.91mg (169.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.7g (121.4%), Phosphorus: 1202.6mg (120.26%), Calcium: 842.62mg (84.26%), Manganese: 1.57mg (78.43%), Iron: 8.27mg (45.92%), Vitamin K: 39.43µg (37.56%), Selenium: 25.35µg (36.22%), Zinc: 5.26mg (35.07%), Vitamin A: 1486.55IU (29.73%), Magnesium: 116.35mg (29.09%), Vitamin B2: 0.36mg (21.3%), Potassium: 740.83mg (21.17%), Vitamin B1: 0.29mg (19.09%), Folate: 67.84µg (16.96%), Vitamin E: 2.35mg (15.67%), Vitamin B3: 2.85mg (14.23%), Vitamin B12: 0.52µg (8.73%), Fiber: 1.92g (7.68%), Copper: 0.14mg (7.13%), Vitamin B6: 0.13mg (6.65%), Vitamin B5: 0.64mg (6.35%), Vitamin D: 0.72µg (4.81%), Vitamin C: 2.56mg (3.1%)