



## Grown Up Mac and Cheese

READY IN



70 min.

SERVINGS



2

CALORIES



1696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons freshly basil leaves chopped
- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue such as roquefort, crumbled
- 3 ounces cheddar extra-sharp grated
- 2 cups elbow macaroni
- 2 tablespoons flour all-purpose
- 4 ounces gruyère cheese grated
- 2 servings kosher salt
- 1.5 cups milk

- 1 pinch nutmeg
- 4 ounces thick- bacon
- 2 tablespoons butter unsalted
- 2 servings vegetable oil
- 2 slices sandwich bread white

## Equipment

- food processor
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- pot

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Place a baking rack on a sheet pan and arrange the bacon in 1 layer on the baking rack.
- Bake for 15 to 20 minutes, until the bacon is crisp.
- Remove the pan carefully from the oven - there will be hot grease in the pan!
- Transfer the bacon to a plate lined with paper towels and crumble when it is cool enough to handle.
- Drizzle oil into a large pot of boiling salted water.
- Add the macaroni and cook according to the directions on the package, 6 to 8 minutes.
- Drain well.
- Meanwhile, heat the milk in a small saucepan, but don't boil it. Melt the butter in a medium pot and add the flour. Cook over low heat for 2 minutes, stirring with a whisk. While whisking, add the hot milk and cook for a minute or 2 more, until thickened and smooth. Off the heat, add the Gruyere, Cheddar, blue cheese, 1 teaspoon salt, pepper, and nutmeg.

- Add the cooked macaroni and crumbled bacon and stir well.
- Pour into 2 individual size gratin dishes.
- Place the bread slices in a food processor fitted with a steel blade and pulse until you have coarse crumbs.
- Add the basil and pulse to combine.
- Sprinkle the bread crumb mixture over the top of the pasta.
- Bake for 35 to 40 minutes, or until the sauce is bubbly and the macaroni is browned on the top.

## Nutrition Facts



■ **PROTEIN 16.03%**
■ **FAT 52.18%**
■ **CARBS 31.79%**

### Properties

Glycemic Index:206.89, Glycemic Load:16.76, Inflammation Score:-9, Nutrition Score:41.11956526663%

### Nutrients (% of daily need)

Calories: 1696.03kcal (84.8%), Fat: 97.91g (150.63%), Saturated Fat: 45.19g (282.44%), Carbohydrates: 134.21g (44.74%), Net Carbohydrates: 128.75g (46.82%), Sugar: 14.54g (16.16%), Cholesterol: 215.64mg (71.88%), Sodium: 1777.19mg (77.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.65g (135.31%), Selenium: 136.23µg (194.61%), Calcium: 1343.24mg (134.32%), Phosphorus: 1220.87mg (122.09%), Manganese: 1.58mg (79.17%), Vitamin B2: 0.94mg (55.33%), Zinc: 8.23mg (54.9%), Vitamin B12: 3µg (49.99%), Vitamin B1: 0.63mg (41.9%), Vitamin A: 1954.83IU (39.1%), Magnesium: 152.68mg (38.17%), Vitamin K: 39.43µg (37.55%), Vitamin B3: 6.89mg (34.45%), Vitamin B6: 0.61mg (30.75%), Vitamin B5: 2.78mg (27.75%), Copper: 0.53mg (26.71%), Potassium: 901.86mg (25.77%), Folate: 93.68µg (23.42%), Fiber: 5.46g (21.83%), Vitamin D: 3.19µg (21.25%), Iron: 3.6mg (20.02%), Vitamin E: 2.59mg (17.24%)