



Grown-up Mac 'n' Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives chopped
- ☐ 2 tablespoons flour
- ☐ 4 ounces fontina shredded italian
- ☐ 4 ounces gruyère cheese shredded
- ☐ 2 cups milk
- ☐ 2 ounces freshly parmesan cheese shredded
- ☐ 4 ounces bacon thick-cut cut into 1/2-in. pieces
- ☐ 12 ounces ziti pasta

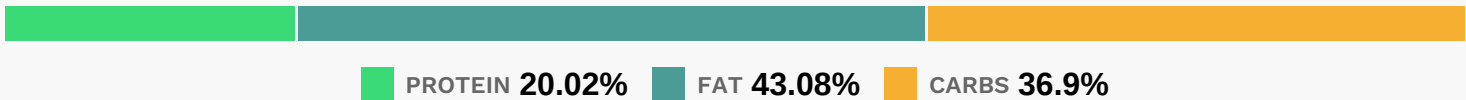
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Cook pasta according to the package directions.
- ☐ Fry bacon meanwhile in a medium saucepan over medium heat until brown and crisp, about 10 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Pour off all but 1 tbsp. fat from pan.
- ☐ Add flour and whisk over medium heat.
- ☐ Pour in milk 1/4 cup at a time, whisking well after each addition (it will be very thick at first) until incorporated and smooth.
- ☐ Add cheeses in 3 batches, whisking continually and making sure each batch is mostly melted before adding the next.
- ☐ Drain pasta, then stir into cheese sauce (it will thicken upon standing). Divide pasta among individual ramekins or bowls and top with bacon and chives.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:20.01, Inflammation Score:-5, Nutrition Score:16.296087154876%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 535.83kcal (26.79%), Fat: 25.41g (39.09%), Saturated Fat: 12.94g (80.87%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 47.08g (17.12%), Sugar: 5.88g (6.53%), Cholesterol: 71.37mg (23.79%), Sodium: 597.02mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Selenium: 49.64µg (70.91%), Calcium: 520.45mg (52.04%), Phosphorus: 464.83mg (46.48%), Manganese: 0.55mg (27.6%), Vitamin B12: 1.27µg (21.12%), Zinc: 3.03mg (20.23%), Vitamin B2: 0.3mg (17.48%), Magnesium: 56.45mg (14.11%), Vitamin B1: 0.19mg (12.52%), Vitamin A: 586.04IU (11.72%), Vitamin B6: 0.22mg (11.09%), Vitamin B3: 2.03mg (10.17%), Copper: 0.19mg (9.54%), Potassium: 326.11mg (9.32%), Vitamin B5: 0.9mg (8.95%), Vitamin D: 1.24µg (8.3%), Fiber: 1.89g (7.58%), Iron: 1.09mg (6.06%), Folate: 18.99µg (4.75%), Vitamin K: 2.54µg (2.41%), Vitamin E: 0.31mg (2.08%)