



 **11%**
HEALTH SCORE

Hugh's Southern Mac and Cheese

READY IN



95 min.

SERVINGS



6

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound bacon diced thick (4 slices)
- 0.3 cup breadcrumbs fresh soft toasted
- 16 oz pasta uncooked
- 4 oz cheddar cheese divided freshly grated
- 0.5 teaspoon ground mustard dry
- 1 egg yolk
- 1.5 tablespoons flour all-purpose
- 0.3 teaspoon pepper black
- 1 pinch ground pepper red

- 0.5 cup gruyere cheese freshly grated
- 2 tablespoons cup heavy whipping cream
- 2 medium leek cut into 1/2-inch rounds (1 cup)
- 1 cup milk warmed
- 0.3 teaspoon salt
- 1.5 tablespoons butter unsalted

Equipment

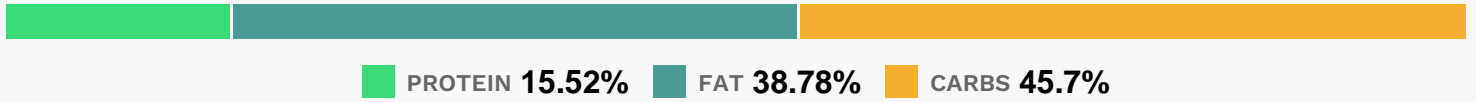
- frying pan
- paper towels
- oven
- whisk
- slotted spoon
- dutch oven

Directions

- Preheat oven to 37
- Cook bacon in a skillet over medium heat, stirring occasionally, 6 to 8 minutes or until crisp; remove bacon, and drain on paper towels. Discard drippings.
- Cook leeks in 4-qt. boiling water in a large Dutch oven 5 minutes.
- Remove leeks with a slotted spoon, reserving boiling water in Dutch oven. Plunge leeks into ice water to stop the cooking process; drain.
- Add pasta to boiling water, and cook 10 minutes or until al dente.
- Drain.
- Melt butter in a large skillet over medium heat. Reduce heat to medium-low, and whisk in flour until smooth; cook, whisking constantly, 2 minutes or until golden brown. Slowly whisk in milk, and cook, whisking constantly, 3 minutes or until thickened.
- Whisk in dry mustard, next 3 ingredients, and 1/2 cup Cheddar cheese, stirring until cheese is melted.
- Remove from heat. Season with salt to taste.

- Gently stir together pasta, cheese sauce, half each of cooked bacon and leeks, and egg yolk. Stir in Gruyere cheese and remaining 1/2 cup Cheddar cheese. Spoon pasta mixture into a buttered 8-inch cast-iron skillet, and sprinkle with remaining bacon and leeks.
- Drizzle with cream; sprinkle with breadcrumbs.
- Bake at 375 for 35 minutes or until golden and bubbly.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:25.76, Inflammation Score:-7, Nutrition Score:19.396956609643%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 601.78kcal (30.09%), Fat: 25.77g (39.65%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 68.34g (22.78%), Net Carbohydrates: 65.08g (23.67%), Sugar: 5.7g (6.33%), Cholesterol: 93.93mg (31.31%), Sodium: 486.27mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.4%), Selenium: 63.58µg (90.82%), Manganese: 0.91mg (45.73%), Phosphorus: 401.11mg (40.11%), Calcium: 346.49mg (34.65%), Vitamin A: 1072.74IU (21.45%), Zinc: 2.79mg (18.59%), Vitamin B2: 0.29mg (17.31%), Magnesium: 68.29mg (17.07%), Vitamin B1: 0.24mg (15.94%), Vitamin K: 15.78µg (15.03%), Vitamin B6: 0.29mg (14.67%), Copper: 0.29mg (14.6%), Vitamin B3: 2.65mg (13.27%), Fiber: 3.25g (13.01%), Vitamin B12: 0.78µg (12.98%), Folate: 50.9µg (12.72%), Iron: 2.15mg (11.94%), Potassium: 366.25mg (10.46%), Vitamin B5: 0.91mg (9.06%), Vitamin D: 1µg (6.65%), Vitamin E: 0.85mg (5.69%), Vitamin C: 3.61mg (4.38%)