



## Mac and Cheese Carbonara

READY IN



70 min.

SERVINGS



6

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups asiago cheese freshly grated plus more for the top
- 1 teaspoon cayenne pepper
- 1.5 cups mountain valley cheddar plus more for the top
- 1.5 cups irish cheddar white plus more for the top
- 1 pound elbow macaroni cooked
- 4 large egg yolks
- 0.5 cup flat-leaf parsley coarsely chopped
- 3 tablespoons flour all-purpose
- 1 cup fontina grated plus more for the top

- 2 teaspoons thyme leaves fresh finely chopped
- 3 cloves garlic finely chopped
- 1 tablespoon olive oil
- 1 piece pancetta cut into small dice
- 0.5 cup parmigiano reggiano freshly grated plus more for the top
- 6 servings salt and pepper black freshly ground
- 6 cups milk whole

## Equipment

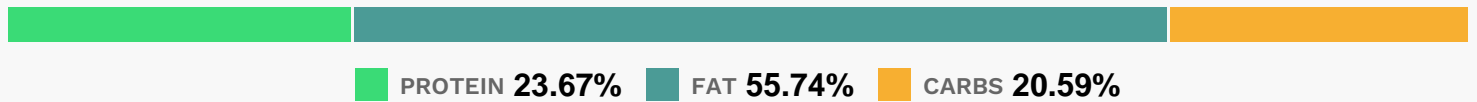
- bowl
- frying pan
- paper towels
- oven
- whisk
- baking pan
- slotted spoon

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F. Butter the bottom and sides of a 3 quart baking dish and set aside.
- Heat the oil in a large saute pan over medium heat.
- Add the pancetta and cook until golden brown on all sides.
- Remove with a slotted spoon to a plate lined with paper towels.
- Add the garlic to the pan and cook until lightly golden brown.
- Whisk in the flour and cook for 1 to 2 minutes.
- Whisk in 6 cups of the hot milk, increase the heat to high and cook, whisking constantly until thickened, 3 to 5 minutes.
- Whisk in the eggs until incorporated and let cook for 1 to 2 minutes.

- Remove from the heat and whisk in the thyme, cayenne, and all of the cheese until completely melted, season with salt and pepper. If the mixture appears too thick, add some of the remaining milk 1/4 cup at a time.
- Place the cooked macaroni in a large bowl, add the cheese sauce, reserved pancetta and parsley and stir until combined.
- Transfer the mixture to the prepared pan.
- Combine together additional Asiago, Cheddars, Fontina, and Parmesan in a bowl and sprinkle evenly over the top of the macaroni.
- Bake in the oven until heated through and the top is lightly golden brown, 12 to 15 minutes.
- Remove from the oven and let rest 10 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:78.11, Glycemic Load:18.4, Inflammation Score:-9, Nutrition Score:32.690434829048%

### Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 822.76kcal (41.14%), Fat: 50.88g (78.28%), Saturated Fat: 28.04g (175.23%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.42g (14.7%), Sugar: 13.19g (14.65%), Cholesterol: 262.14mg (87.38%), Sodium: 1316.39mg (57.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.62g (97.24%), Calcium: 1347.67mg (134.77%), Phosphorus: 969.87mg (96.99%), Selenium: 61.05µg (87.22%), Vitamin K: 87.32µg (83.16%), Vitamin B2: 0.88mg (51.51%), Vitamin B12: 3.01µg (50.13%), Vitamin A: 2243.43IU (44.87%), Zinc: 5.76mg (38.38%), Vitamin D: 3.98µg (26.51%), Magnesium: 85.59mg (21.4%), Vitamin B5: 1.9mg (19.01%), Manganese: 0.37mg (18.3%), Vitamin B6: 0.36mg (17.83%), Vitamin B1: 0.25mg (16.51%), Potassium: 557.72mg (15.93%), Folate: 53.12µg (13.28%), Iron: 1.85mg (10.25%), Vitamin C: 8.44mg (10.23%), Vitamin E: 1.51mg (10.08%), Fiber: 1.87g (7.47%), Copper: 0.15mg (7.4%), Vitamin B3: 1.08mg (5.42%)