



Mac and Cheese Grilled Cheese with Bacon Two Ways

READY IN



115 min.

SERVINGS



4

CALORIES



1318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices processed cheese food
- 4 servings pepper black freshly ground
- 8 slices country bread white
- 1 pinch cayenne
- 8 ounces elbow macaroni
- 3 tablespoons flour all-purpose
- 4 servings hot sauce such as frank's, optional
- 4 servings kosher salt

- 3 cups milk
- 8 ounce processed cheese such as velveeta
- 2 roma tomatoes sliced into 1/4-inch slices, optional
- 1.5 cups sharp cheddar shredded yellow
- 8 slices bacon smoked thick-cut cooked
- 3 tablespoons butter unsalted

Equipment

- frying pan
- whisk
- pot
- plastic wrap
- baking pan

Directions

- Watch how to make this recipe.
- Evenly spread the Easy Mac and Cheese in an 8-inch square baking dish. Cover the dish with plastic wrap and refrigerate until firm, about 1 hour.
- Cut the mac and cheese into 4 equal-size squares.
- Preheat a griddle over medium-low heat.
- Place each mac and cheese square on a slice of bread, top with 1 slice American cheese and 2 slices bacon. Top with a second piece of bread and griddle the sandwich until golden and warm, about 4 minutes per side. Repeat with the remaining ingredients.
- Serve.
- For the adults, toss the tomatoes in some hot sauce and add on top of the bacon before griddling your sandwich.
- Cook the macaroni in a large pot of boiling salted water to al dente and drain.
- Melt the butter in a medium saucepot over medium heat.
- Whisk in the flour and stir for a couple of minutes, making sure it's free of lumps and the flour taste is cooked out. Stir in the milk, bring to a simmer and cook over medium-low until

thickened, about 5 minutes. Stir in the processed cheese and Cheddar until melted, add the hot sauce and fold in the macaroni.

Sprinkle with salt and pepper.

Nutrition Facts

PROTEIN 15.85% **FAT 58.04%** **CARBS 26.11%**

Properties

Glycemic Index:84.69, Glycemic Load:25.27, Inflammation Score:-9, Nutrition Score:36.221304520317%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1318.18kcal (65.91%), Fat: 84.83g (130.51%), Saturated Fat: 41.12g (257.02%), Carbohydrates: 85.89g (28.63%), Net Carbohydrates: 82.37g (29.95%), Sugar: 15.72g (17.47%), Cholesterol: 212.13mg (70.71%), Sodium: 2569.44mg (111.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.11g (104.23%), Calcium: 1464.7mg (146.47%), Selenium: 95.09µg (135.84%), Phosphorus: 1160.53mg (116.05%), Vitamin B2: 0.87mg (51.25%), Vitamin B12: 2.98µg (49.68%), Manganese: 0.95mg (47.74%), Vitamin B1: 0.69mg (45.74%), Zinc: 6.43mg (42.89%), Vitamin A: 2004.19IU (40.08%), Vitamin B3: 7.04mg (35.18%), Magnesium: 110.84mg (27.71%), Vitamin B6: 0.53mg (26.46%), Folate: 96.12µg (24.03%), Potassium: 821.07mg (23.46%), Vitamin B5: 2.15mg (21.48%), Vitamin D: 3.18µg (21.19%), Iron: 3.63mg (20.16%), Copper: 0.34mg (16.87%), Fiber: 3.51g (14.06%), Vitamin E: 1.93mg (12.86%), Vitamin K: 7.12µg (6.78%), Vitamin C: 4.51mg (5.47%)