



Mac and Cheese Lorraine

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

1133 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups gruyere cheese shredded
- ☐ 1 pinch nutmeg freshly grated to taste

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 onions thinly sliced quartered
- ☐ 1 pound gemelli pasta
- ☐ 4 servings salt
- ☐ 1 cup milk whole

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat water for pasta, salt water and cook pasta to al dente.
- ☐ While pasta water comes to boil, heat extra-virgin olive oil, 1 turn of the pan, in a deep skillet over medium-high heat. When oil is hot, add bacon and crisp, 5 to 6 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels.
- ☐ Add onions and cook 10 minutes until soft and beginning to caramelize.
- ☐ Add wine and cook out, 1 minute.
- ☐ While onions cook, heat a sauce pot over medium heat.
- ☐ Add butter, melt and whisk in flour. Cook 1 minute then whisk in stock and milk and bring to a bubble. Thicken a few minutes then season with salt and pepper. Melt in cheese stirring it in a figure-8 motion with a wooden spoon.
- ☐ Add nutmeg and mustard and adjust salt and pepper.
- ☐ Drain pasta, toss with onions and stir in cheese sauce to coat. Top with crispy bacon and serve.

Nutrition Facts



 **PROTEIN 16.81%**  **FAT 47.04%**  **CARBS 36.15%**

Properties

Glycemic Index:95.25, Glycemic Load:38.52, Inflammation Score:-8, Nutrition Score:29.18304368724%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 1133.15kcal (56.66%), Fat: 57.7g (88.76%), Saturated Fat: 25.84g (161.5%), Carbohydrates: 99.77g (33.26%), Net Carbohydrates: 94.87g (34.5%), Sugar: 9.91g (11.01%), Cholesterol: 134.19mg (44.73%), Sodium: 1246.33mg (54.19%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 46.38g (92.76%), Selenium: 98.04µg (140.06%), Phosphorus: 804.9mg (80.49%), Calcium: 791.09mg (79.11%), Manganese: 1.23mg (61.38%), Zinc: 5.37mg (35.79%), Vitamin B3: 5.64mg (28.18%), Magnesium: 112.28mg (28.07%), Vitamin B2: 0.48mg (28.02%), Vitamin B12: 1.68µg (28.01%), Vitamin B1: 0.42mg (27.86%), Vitamin B6: 0.53mg (26.26%), Copper: 0.44mg (22.03%), Potassium: 688.3mg (19.67%), Fiber: 4.9g (19.61%), Vitamin A: 926.77IU (18.54%), Vitamin B5: 1.52mg (15.2%), Iron: 2.41mg (13.42%), Folate: 48.3µg (12.08%), Vitamin E: 1.3mg (8.64%), Vitamin D: 1.29µg (8.63%), Vitamin K: 5.37µg (5.11%), Vitamin C: 4.21mg (5.11%)