



Mac and Cheese With Applewood Smoked Bacon

READY IN



75 min.

SERVINGS



6

CALORIES



1216 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

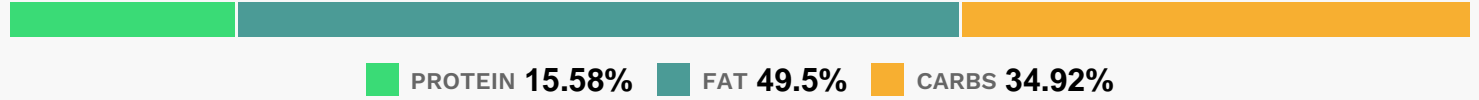
Ingredients

- 0.5 lb bacon smoked crispy cooked
- 6 servings butter
- 6 servings ground pepper to taste
- 16 ounces sharp cheddar cheese (i used jack and sharp cheddar)
- 1 cup cup heavy whipping cream
- 3 cups milk
- 1 lb farfalle pasta
- 1 onion pureed

- 6 servings peas frozen
- 2 cups seasoned bread crumbs crushed to cover

Equipment

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:28.72, Inflammation Score:-10, Nutrition Score:41.92%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 1216.07kcal (60.8%), Fat: 66.97g (103.03%), Saturated Fat: 34.39g (214.96%), Carbohydrates: 106.29g (35.43%), Net Carbohydrates: 96.92g (35.24%), Sugar: 16.69g (18.54%), Cholesterol: 171.16mg (57.05%), Sodium: 1377.76mg (59.9%), Protein: 47.44g (94.87%), Selenium: 91.78µg (131.12%), Phosphorus: 851.26mg (85.13%), Calcium: 827.79mg (82.78%), Manganese: 1.46mg (73.24%), Vitamin A: 3141.57IU (62.83%), Vitamin B1: 0.86mg (57.54%), Vitamin B2: 0.94mg (55.24%), Zinc: 6.44mg (42.92%), Vitamin C: 33.2mg (40.25%), Vitamin K: 41.93µg (39.94%), Fiber: 9.37g (37.47%), Vitamin B3: 7.18mg (35.88%), Folate: 131.55µg (32.89%), Magnesium: 129.73mg (32.43%), Vitamin B12: 1.86µg (31.02%), Vitamin B6: 0.61mg (30.52%), Copper: 0.5mg (25.23%), Iron: 4.53mg (25.15%), Potassium: 859.87mg (24.57%), Vitamin B5: 1.76mg (17.57%), Vitamin D: 2.58µg (17.21%), Vitamin E: 2.15mg (14.35%)