



Mac and Cheese with Bacon and Peas

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound canadian bacon cut into thin strips
- 1 tablespoon cornstarch
- 0.5 pound elbow macaroni dried
- 2 cups fat-skimmed chicken broth
- 4 servings fresh-grated nutmeg
- 4 servings fresh-ground pepper
- 1 cup nonfat milk
- 1 cup peas frozen
- 6 oz sharp cheddar cheese shredded reduced-fat

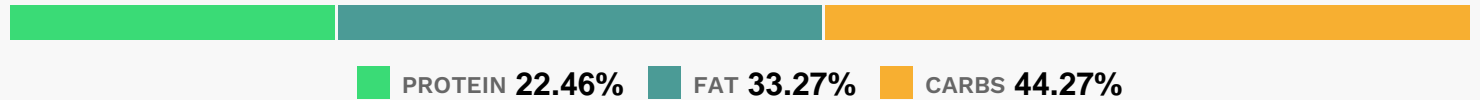
Equipment

- bowl
- frying pan

Directions

- In a 4- to 5-quart pan over high heat, bring broth, milk, and macaroni to a boil. Stir mixture often until the pasta is tender to bite, about 10 minutes.
- Blend cornstarch and 3 tablespoons water until smooth. Stir into pan and continue stirring until mixture boils.
- Add peas and Canadian bacon; mix well and remove from heat.
- Sprinkle cheese over pasta mixture and stir just until melted, 1 to 2 minutes.
- Spoon into wide bowls or onto plates and sprinkle generously with pepper and nutmeg.

Nutrition Facts



Properties

Glycemic Index:51.65, Glycemic Load:3.09, Inflammation Score:-7, Nutrition Score:21.871739045433%

Nutrients (% of daily need)

Calories: 501.46kcal (25.07%), Fat: 18.41g (28.32%), Saturated Fat: 9.53g (59.55%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 50.76g (18.46%), Sugar: 7.54g (8.38%), Cholesterol: 58.54mg (19.51%), Sodium: 1029.45mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.93%), Selenium: 59.42µg (84.89%), Phosphorus: 492.66mg (49.27%), Calcium: 413.44mg (41.34%), Manganese: 0.77mg (38.27%), Vitamin B1: 0.42mg (28.13%), Vitamin B2: 0.42mg (24.92%), Zinc: 3.55mg (23.65%), Vitamin B3: 4.24mg (21.21%), Vitamin B12: 1.22µg (20.38%), Magnesium: 70.69mg (17.67%), Vitamin C: 14.56mg (17.65%), Fiber: 4.34g (17.36%), Vitamin B6: 0.34mg (16.83%), Vitamin A: 830.94IU (16.62%), Copper: 0.3mg (15.01%), Potassium: 489.88mg (14%), Folate: 47.73µg (11.93%), Vitamin D: 1.72µg (11.48%), Iron: 1.77mg (9.83%), Vitamin K: 10.23µg (9.74%), Vitamin B5: 0.96mg (9.61%), Vitamin E: 0.49mg (3.26%)