



Mac Daddy Mac n' Cheese

READY IN



130 min.

SERVINGS



8

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pieces bacon diced cooked
- 2 tablespoons butter melted
- 1 pound penne pasta cooked
- 2 tablespoons flour
- 2 tablespoons parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 3 cloves garlic
- 4 cups heavy cream
- 1 teaspoon olive oil

- 0.5 cup panko bread crumbs
- 1 cup pepper jack cheese shredded
- 8 servings salt and pepper black freshly ground
- 2 shallots peeled
- 2 cups cheddar cheese shredded

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish
- aluminum foil

Directions

- Preheat oven to 350 degrees F.
- Place shallots and garlic in a small aluminum foil pouch and drizzle with olive oil. Roast 20 to 30 minutes or until tender.
- Remove from foil and chop. In a large saute pan, reheat reserved bacon fat over medium heat.
- Add roasted shallot and garlic and saute for 1 minute.
- Add flour and stir for 1 minute.
- Whisk in heavy cream and thyme. Reduce by a third. Stir in cheeses until melted, creamy and thickened. Season to taste with salt and pepper.
- Remove from heat and gently stir in pasta.
- Place in a 9X13 casserole dish. In a small bowl, mix together diced bacon, bread crumbs, butter and parsley. Top Mac n Cheese with Panko mixture and bake uncovered at same heat until bubbling and lightly browned on top, 20 to 25 minutes.

Nutrition Facts



■ PROTEIN 9.77% ■ FAT 75.23% ■ CARBS 15%

Properties

Glycemic Index:49.56, Glycemic Load:9.63, Inflammation Score:-9, Nutrition Score:14.923912825792%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 722.08kcal (36.1%), Fat: 61.09g (93.98%), Saturated Fat: 37.56g (234.74%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 25.85g (9.4%), Sugar: 4.71g (5.23%), Cholesterol: 183.19mg (61.06%), Sodium: 360.05mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.69%), Vitamin A: 2325.61IU (46.51%), Selenium: 30.63µg (43.75%), Calcium: 402.82mg (40.28%), Phosphorus: 310.99mg (31.1%), Vitamin B2: 0.45mg (26.23%), Vitamin K: 22.27µg (21.21%), Manganese: 0.29mg (14.56%), Zinc: 2.17mg (14.48%), Vitamin D: 2.16µg (14.4%), Vitamin B12: 0.63µg (10.5%), Vitamin E: 1.55mg (10.32%), Magnesium: 34.85mg (8.71%), Iron: 1.48mg (8.2%), Vitamin B6: 0.15mg (7.26%), Folate: 28.56µg (7.14%), Vitamin B1: 0.11mg (7.05%), Fiber: 1.56g (6.23%), Potassium: 217.04mg (6.2%), Vitamin B5: 0.58mg (5.81%), Copper: 0.11mg (5.47%), Vitamin C: 3.3mg (3.99%), Vitamin B3: 0.77mg (3.85%)