



## Macaroni and Cheese

READY IN



55 min.

SERVINGS



6

CALORIES



1280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound peppered bacon thick-cut
- 3 tablespoons butter
- 4 tablespoons butter
- 6 servings optional spices: cayenne pepper
- 2 teaspoons mustard dry (more if desired)
- 0.3 cup flour all-purpose
- 8 ounces gorgonzola
- 0.5 teaspoon ground pepper black
- 4 cups macaroni dried

- 6 servings sliders and/or macaroni and cheese cooked for serving
- 6 servings salt
- 6 servings lawry's seasoned salt
- 1 pound sharp cheddar grated plus more for baking (not pre-grated cheese)
- 1 eggs whole
- 2.5 cups milk whole
- 3 onions yellow halved sliced

## Equipment

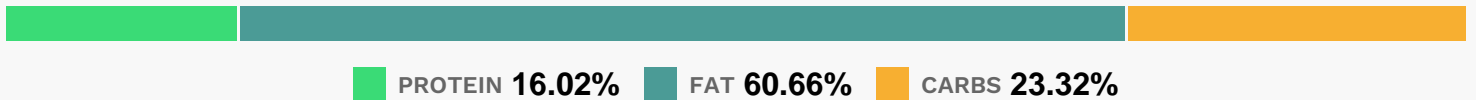
- bowl
- frying pan
- oven
- whisk
- pot
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Cook the macaroni until still slightly firm.
- Drain and set aside.
- In a small bowl, beat the egg. In a large pot, melt the butter and sprinkle in the flour.
- Whisk together over medium-low heat. Cook for a couple of minutes, whisking constantly. Don't let it burn.
- Pour in the milk, add the mustard and whisk until smooth. Cook until very thick, about 5 minutes. Reduce the heat to low.
- Take 1/4 cup of the sauce and slowly pour it into the beaten egg, whisking constantly to avoid cooking the eggs.
- Whisk together until smooth.

- Pour the egg into the sauce, whisking constantly. Stir until smooth.
- Add in the cheese and stir to melt.
- Add 1/2 teaspoon salt, 1/2 teaspoon seasoned salt and the pepper.
- Add any additional spices if desired. Taste the sauce and add more salt and seasoned salt as needed! DO NOT UNDERSALT.
- Pour in the drained, cooked macaroni and stir to combine.
- Serve immediately (while it's still very creamy) or pour into a buttered baking dish, top with extra cheese and bake until bubbly and golden on top, 20 to 25 minutes.
- Fry the bacon in a skillet over medium-high heat until slightly crisp, about 8 minutes.
- Remove from the pan and cut into bite-size pieces.
- In a separate pan, cook the onions in the butter over a low heat until caramelized, 20 to 30 minutes, stirring occasionally.
- Use a fork to crumble the gorgonzola.
- Put the bacon, caramelized onions and crumbled gorgonzola into separate bowls.
- Serve as delicious toppings for both sliders and macaroni cheese.

## Nutrition Facts



### Properties

Glycemic Index:70.33, Glycemic Load:8.9, Inflammation Score:-9, Nutrition Score:33.48782603637%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

### Nutrients (% of daily need)

Calories: 1280.4kcal (64.02%), Fat: 86.27g (132.73%), Saturated Fat: 42.46g (265.35%), Carbohydrates: 74.65g (24.88%), Net Carbohydrates: 70.66g (25.7%), Sugar: 9.83g (10.93%), Cholesterol: 228.44mg (76.15%), Sodium: 2033.16mg (88.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.25g (102.51%), Selenium: 94.27µg (134.67%), Phosphorus: 915.96mg (91.6%), Calcium: 915.12mg (91.51%), Vitamin A: 2520.77IU (50.42%), Vitamin B2:

0.82mg (48.32%), Manganese: 0.89mg (44.3%), Zinc: 6.5mg (43.34%), Vitamin B12: 2.28µg (38.04%), Vitamin B6: 0.61mg (30.54%), Vitamin B1: 0.44mg (29.57%), Vitamin B3: 5.35mg (26.77%), Magnesium: 103.56mg (25.89%), Vitamin B5: 2.29mg (22.95%), Potassium: 774.74mg (22.14%), Folate: 69.23µg (17.31%), Copper: 0.32mg (16.18%), Fiber: 3.98g (15.93%), Vitamin E: 2.22mg (14.78%), Vitamin D: 2.21µg (14.73%), Iron: 2.33mg (12.95%), Vitamin C: 5.65mg (6.84%), Vitamin K: 6.41µg (6.11%)