



Macaroni and Cheese Carbonara

READY IN



45 min.

SERVINGS



10

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons flour
- 12 slices bacon
- 4 ounces bread fresh french
- 6 large egg yolk
- 11 ounces elbow macaroni
- 2 garlic clove minced
- 0.8 teaspoon pepper black
- 0.5 cup parsley fresh italian chopped
- 1.3 cups peas frozen

- 1.5 teaspoons salt
- 6 cups milk whole

Equipment

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

Directions

- Preheat oven to 350°F Butter 13x9x2-inch baking dish. Cook macaroni in heavy large pot of boiling salted water until just tender but still firm to bite.
- Drain. Rinse and drain again.
- Cook bacon in heavy large pot over medium heat until crisp, about 10 minutes.
- Transfer bacon and 1/4 cup pan drippings to large bowl.
- Add breadcrumbs, 1/4 cup Parmesan cheese and 1/4 cup parsley to bacon; toss to coat.
- Add minced garlic to remaining pan drippings in pot and sauté over medium heat until fragrant, about 30 seconds.
- Add flour and whisk 3 minutes. Gradually whisk in whole milk, then egg yolks, salt and pepper. Cook until mixture thickens, whisking constantly, about 12 minutes.
- Add 2 cups Fontina cheese and remaining 3/4 cup Parmesan cheese; whisk until cheeses melt.
- Remove from heat.
- Mix in peas, macaroni and remaining 1/4 cup parsley. Stir in remaining 1 1/2 cups Fontina.
- Transfer macaroni mixture to prepared dish. (Can be prepared 6 hours ahead. Cover macaroni and breadcrumb mixtures separately and refrigerate. Before continuing, bake refrigerated macaroni mixture, covered, at 350°F until just heated through, about 30 minutes.)
- Sprinkle breadcrumb mixture over macaroni mixture.

Bake just until topping is golden, about 15 minutes.

Let stand 15 minutes before serving.

Nutrition Facts

PROTEIN 16.37% **FAT 42.65%** **CARBS 40.98%**

Properties

Glycemic Index:31, Glycemic Load:7.54, Inflammation Score:-6, Nutrition Score:18.336956521739%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 402.76kcal (20.14%), Fat: 18.98g (29.19%), Saturated Fat: 7.4g (46.22%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 38.33g (13.94%), Sugar: 9.65g (10.72%), Cholesterol: 145.15mg (48.38%), Sodium: 642.39mg (27.93%), Protein: 16.39g (32.79%), Selenium: 37.96µg (54.23%), Vitamin K: 55.05µg (52.43%), Phosphorus: 324.13mg (32.41%), Manganese: 0.56mg (28%), Calcium: 226.25mg (22.62%), Vitamin B2: 0.36mg (21.38%), Vitamin B1: 0.32mg (21.15%), Vitamin B12: 1.12µg (18.69%), Vitamin A: 786.5IU (15.73%), Vitamin D: 2.27µg (15.11%), Vitamin B6: 0.29mg (14.71%), Vitamin B3: 2.94mg (14.69%), Vitamin C: 11.45mg (13.88%), Zinc: 1.99mg (13.24%), Vitamin B5: 1.27mg (12.71%), Magnesium: 50.81mg (12.7%), Folate: 50.65µg (12.66%), Potassium: 436.24mg (12.46%), Fiber: 2.69g (10.78%), Iron: 1.78mg (9.92%), Copper: 0.17mg (8.55%), Vitamin E: 0.56mg (3.7%)