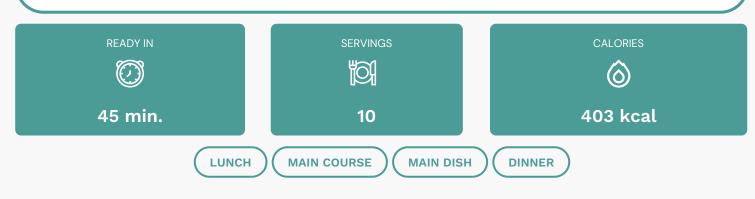


Macaroni and Cheese Carbonara



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	
H	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.	



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: 0.05mg, 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%)