

# Macaroni and Cheese with Bacon and Onions

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**89 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 large onion thinly sliced
- 0.5 pound bacon cut into 1/2 inch pieces
- 0.5 teaspoon thyme leaves dried

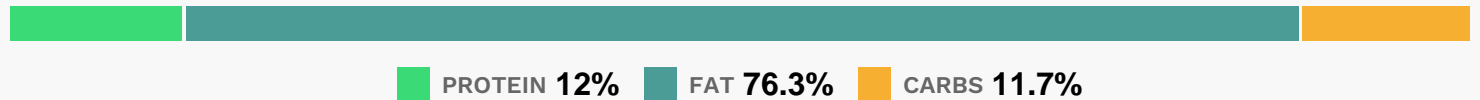
## Equipment

- frying pan
- paper towels

## Directions

- Follow the recipe for Creamy Macaroni and Cheese using Vermont white cheddar.
- Fry bacon in a large skillet over medium-high heat until crisp, about 5 minutes.
- Transfer to a paper towel-lined plate.
- Pour off all but 3 tablespoons of bacon drippings.
- Add onions and thyme; saute until soft and golden brown, 8 to 10 minutes. Stir bacon and onions into macaroni.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:6, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:1.8108695988422%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

## Nutrients (% of daily need)

Calories: 88.9kcal (4.44%), Fat: 7.53g (11.58%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.06g (1.18%), Cholesterol: 12.47mg (4.16%), Sodium: 126.12mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Selenium: 3.92µg (5.61%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.08mg (4.03%), Vitamin B3: 0.79mg (3.95%), Phosphorus: 34.55mg (3.46%), Vitamin C: 1.98mg (2.4%), Potassium: 74.43mg (2.13%), Manganese: 0.04mg (1.79%), Zinc: 0.27mg (1.78%), Fiber: 0.44g (1.75%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.14mg (1.36%), Vitamin B2: 0.02mg (1.32%), Magnesium: 4.9mg (1.23%), Folate: 4.79µg (1.2%)