



Macaroni and Cheese with Caramelized Onions and Bacon

♥ Popular

READY IN



80 min.

SERVINGS



15

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups asiago cheese grated
- ☐ 4 slices bacon
- ☐ 0.1 teaspoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 4 cups vermont cheddar cheese grated
- ☐ 2 tablespoons cream cheese softened
- ☐ 1 eggs beaten

- ☐ 16 ounce elbow macaroni
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground mustard
- ☐ 3 cups milk
- ☐ 1 large onion sliced thin
- ☐ 0.3 cup panko bread crumbs
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

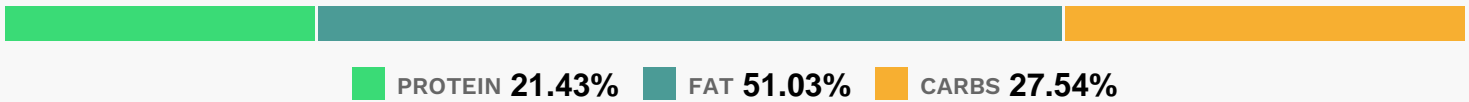
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil, add macaroni and cook for 8 minutes (noodles will still be slightly hard).
- ☐ Drain noodles and transfer to a large bowl with 1/4 cup of butter and toss to coat.
- ☐ Whisk together the sour cream, egg, and cream cheese; add to the pasta and mix well. Stir in 3 cups of grated Asiago and 3 cups of grated Cheddar cheese, reserving the remaining 2 cups of cheese for the topping.

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate and chop into small pieces.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Stir 2 tablespoons butter, the onion, and garlic into the bacon drippings in the pan and cook and stir for 2 minutes. Reduce the heat to medium-low, and add the brown sugar. Cook, stirring occasionally, for 10 to 15 minutes until the onions are very soft and golden brown.
- ☐ Mix the cooked bacon, parsley, and panko breadcrumbs into the onions, transfer mixture to a small bowl and set aside.
- ☐ Return the skillet to the heat and melt remaining 2 tablespoons butter over medium-low heat.
- ☐ Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the milk into the flour mixture and bring to a simmer over medium heat. Cook and stir until the mixture is smooth and thickened. Stir in the ground mustard, paprika, salt, pepper, and hot sauce.
- ☐ Remove sauce from heat and let cool for five minutes.
- ☐ Pour the sauce over the macaroni mixture, stirring well.
- ☐ Transfer to a greased 9x13 inch pan and sprinkle with the remaining 2 cups of Cheddar cheese. Top cheese with the onion breadcrumb mixture.
- ☐ Bake in preheated oven until bubbling, hot and golden brown on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:3.01, Inflammation Score:-6, Nutrition Score:15.528695666272%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 452.45kcal (22.62%), Fat: 25.56g (39.33%), Saturated Fat: 14.18g (88.6%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 29.7g (10.8%), Sugar: 4.38g (4.86%), Cholesterol: 79.4mg (26.47%), Sodium: 778.29mg (33.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Calcium: 615.23mg (61.52%), Selenium: 38.53µg (55.04%), Phosphorus: 462.13mg (46.21%), Vitamin B2: 0.37mg (21.52%), Zinc: 2.69mg (17.91%), Manganese: 0.36mg (17.8%), Vitamin K: 18.36µg (17.49%), Vitamin A: 846.78IU (16.94%), Vitamin B12: 0.99µg (16.42%), Magnesium: 46.99mg (11.75%), Vitamin B1: 0.13mg (8.71%), Vitamin B6: 0.17mg (8.55%), Vitamin B5: 0.72mg (7.16%), Potassium: 248.8mg (7.11%), Copper: 0.13mg (6.43%), Folate: 25µg (6.25%), Vitamin D: 0.93µg (6.22%), Vitamin B3: 1.16mg (5.79%), Iron: 1.04mg (5.75%), Fiber: 1.35g (5.4%), Vitamin C: 3.04mg (3.69%), Vitamin E: 0.52mg (3.5%)