



## Smoky Bacon Mac

READY IN



45 min.

SERVINGS



4

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound bacon sliced
- 1 cup cheddar cheese smoked grated
- 0.5 pound elbow macaroni dried
- 2 cups sauce
- 1 cup monterrey jack cheese grated

### Equipment

- bowl
- frying pan

paper towels

pot

## Directions

Lesson Plan

Cook the pasta in salted boiling water until a little less than al dente.

Drain, rinse with cold water, and drain the pasta again.

Cook the bacon in a frying pan over high heat until crispy, about 8 minutes.

Remove extra grease by patting the strips with a paper towel, and then cut into bite-size pieces.

Add the sauce and both cheeses to a large, heavy-bottomed pot and cook over medium heat. Stir until the cheese is barely melted, about 3 minutes.

Add the bacon and stir to combine. Slowly add the cooked pasta, stir, and continue cooking while stirring continuously until the dish is nice and hot, another 5 minutes.

Spoon into bowls and serve hot.

Beer Pairing: Red Ale Wine Pairing: Cabernet Sauvignon

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## Nutrition Facts



**PROTEIN 14.02%** **FAT 55.78%** **CARBS 30.2%**

## Properties

Glycemic Index:13.5, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:19.759565171988%

## Nutrients (% of daily need)

Calories: 1048.17kcal (52.41%), Fat: 64.15g (98.69%), Saturated Fat: 26.05g (162.84%), Carbohydrates: 78.15g (26.05%), Net Carbohydrates: 76.33g (27.76%), Sugar: 29.07g (32.3%), Cholesterol: 128.24mg (42.75%), Sodium: 2527.88mg (109.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.27g (72.55%), Selenium: 70.72µg (101.03%), Phosphorus: 525.27mg (52.53%), Calcium: 428.05mg (42.8%), Vitamin B3: 5.57mg (27.83%),

Manganese: 0.54mg (26.92%), Zinc: 4.02mg (26.81%), Vitamin B1: 0.38mg (25.1%), Vitamin B2: 0.36mg (21.21%), Vitamin B6: 0.42mg (21.2%), Vitamin B12: 1.1µg (18.35%), Magnesium: 58.91mg (14.73%), Copper: 0.23mg (11.49%), Potassium: 395.6mg (11.3%), Vitamin A: 542.26IU (10.85%), Vitamin B5: 1.05mg (10.5%), Iron: 1.45mg (8.06%), Fiber: 1.81g (7.26%), Vitamin E: 0.84mg (5.57%), Folate: 21.22µg (5.31%), Vitamin D: 0.79µg (5.28%), Vitamin K: 1.44µg (1.37%)