

Smoky Bacon Mac

 Popular

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 pasta dried
- ☐ 2 cups mac sauce
- ☐ 1 cup jack cheese grated

Equipment

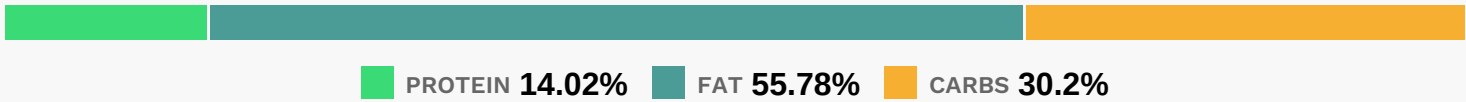
- ☐ bowl
- ☐ frying pan

- ☐ 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
- ☐ Reprinted with permission from The Mac + Cheese Cookbook: 50 Simple Recipes from Homeroom, America's Favorite Mac and Cheese Restaurant, by Allison Arevalo and Erin Wade, copyright 201
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Nutrition Facts



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: Og (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%)