



Smoky Macaroni and Cheese

READY IN



95 min.

SERVINGS



8

CALORIES



1107 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces bacon sliced
- 0.5 teaspoon pepper black freshly ground
- 1 pound elbow macaroni
- 0.5 cup flour all-purpose
- 1.3 cups gouda cheese smoked shredded
- 3 cups gouda cheese shredded
- 2 tablespoons kosher salt as needed plus more
- 0.7 cup panko bread crumbs
- 0.8 teaspoon paprika smoked

- 8 tablespoons butter unsalted (1 stick)
- 0.3 cup almonds smoked whole finely chopped
- 5 cups milk whole
- 1 medium onion yellow

Equipment

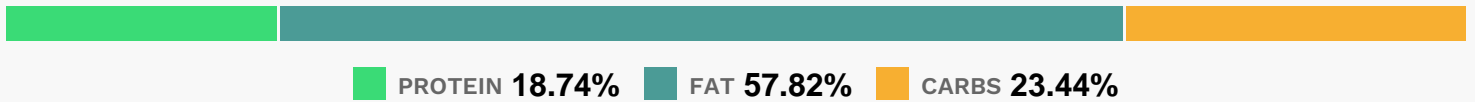
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- pot
- baking pan
- dutch oven
- colander

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Arrange the bacon on a rimmed baking sheet and bake until browned and crispy, about 20 to 25 minutes.
- Remove to a large paper-towel-lined plate. When cool enough to handle, crumble into small pieces. Meanwhile, melt 2 tablespoons of the butter and place in a medium bowl.
- Add the panko and almonds and stir until evenly combined; set aside. In a large, heavy-bottomed saucepan or Dutch oven, melt the remaining 6 tablespoons of butter over medium heat.
- Add the onion, season with salt, and cook, stirring occasionally, until softened, about 10 minutes. Meanwhile, bring a large pot of heavily salted water to a boil over high heat.
- Add the flour and paprika to the onions and whisk constantly until the flour is no longer raw-tasting, about 3 minutes.

- Add the measured salt and pepper and stir to combine. While whisking constantly, slowly add the milk to the flour mixture until evenly combined and smooth. (It will get very thick when you first add the milk, then thin out.) Increase the heat to medium high and, while whisking constantly, cook until the sauce thickens and coats the back of a spoon, about 3 to 5 minutes.
- Remove from the heat and set aside. When the water is boiling, add the pasta and cook according to the package directions or until just al dente.
- Drain in a colander and rinse with cold water, making sure to stir the pasta while rinsing, until cooled and the pieces are no longer sticking to each other; set aside in the colander.
- Place the sauce over medium heat and stir in both cheeses just until melted and smooth.
- Add the pasta and reserved bacon and continue cooking, stirring occasionally, until the pasta is heated through and steaming, about 2 to 4 minutes.
- Transfer to a 13-by-9-inch baking dish and spread into an even layer.
- Sprinkle evenly with the reserved panko mixture and bake until bubbling and brown on top, about 25 to 30 minutes.
- Remove to a wire rack and let cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index: 31.38, Glycemic Load: 8.12, Inflammation Score: -8, Nutrition Score: 32.073913315068%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 1107.41kcal (55.37%), Fat: 71.02g (109.26%), Saturated Fat: 38.21g (238.84%), Carbohydrates: 64.79g (21.6%), Net Carbohydrates: 61.65g (22.42%), Sugar: 12.78g (14.2%), Cholesterol: 219.75mg (73.25%), Sodium:

3155.4mg (137.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.79g (103.58%), Calcium: 1112.35mg (111.23%), Phosphorus: 1054.99mg (105.5%), Selenium: 69.83µg (99.75%), Vitamin B12: 3.01µg (50.22%), Vitamin B2: 0.82mg (48.2%), Zinc: 7.14mg (47.63%), Manganese: 0.79mg (39.38%), Vitamin A: 1413.62IU (28.27%), Vitamin B1: 0.42mg (27.87%), Magnesium: 108.08mg (27.02%), Vitamin B6: 0.42mg (21.21%), Vitamin B3: 3.91mg (19.55%), Potassium: 672.12mg (19.2%), Vitamin D: 2.69µg (17.91%), Vitamin B5: 1.6mg (15.98%), Copper: 0.31mg (15.52%), Folate: 61.36µg (15.34%), Vitamin E: 2.16mg (14.39%), Fiber: 3.14g (12.56%), Iron: 2.08mg (11.56%), Vitamin K: 5.15µg (4.9%), Vitamin C: 1.02mg (1.24%)