

# Spicy Smoky Macaroni and Cheese with Turkey Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



765 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 teaspoon ground pepper
- 0.5 cup skim milk fat free
- 0.8 cup cup heavy whipping cream
- 1 teaspoon paprika
- 1 pound processed cheese food cubed velveeta® (such as )
- 16 ounce shells uncooked
- 0.4 teaspoon paprika smoked
- 10 slices at least of turkey bacon

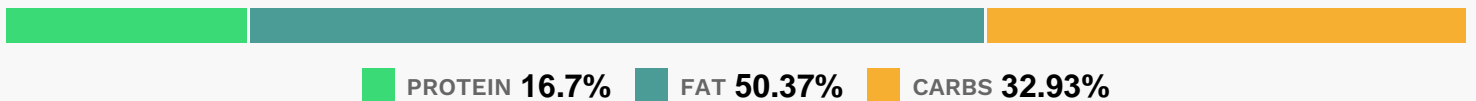
## Equipment

- paper towels
- pot
- microwave
- colander

## Directions

- Bring a large pot with lightly salted water to a rolling boil. Stir in the shell pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes.
- Drain well in a colander set in the sink.
- While the pasta is cooking, place the turkey bacon strips between two paper towels on a microwave-safe plate. Cook in the microwave on High until the bacon is crispy, 4 to 6 minutes depending on the microwave. Allow the bacon to cool; crumble and set aside.
- Once the pasta has cooked and is draining, combine the processed cheese, cream, and half-and-half in the pot that was used to cook the pasta. Cook and stir over medium heat until the cheese has melted and the sauce is bubbly.
- Remove from the heat; stir in the paprika, smoked paprika, cayenne pepper, and crumbled turkey bacon. Stir the cooked pasta into the sauce until evenly coated.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:23.48, Inflammation Score:-8, Nutrition Score:23.310869613419%

## Nutrients (% of daily need)

Calories: 764.65kcal (38.23%), Fat: 42.79g (65.83%), Saturated Fat: 22.82g (142.62%), Carbohydrates: 62.93g (20.98%), Net Carbohydrates: 60.3g (21.93%), Sugar: 5.64g (6.27%), Cholesterol: 133.07mg (44.36%), Sodium: 1829.02mg (79.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.82%), Selenium: 70.58µg (100.82%), Calcium: 847.79mg (84.78%), Phosphorus: 783.68mg (78.37%), Manganese: 0.74mg (36.78%), Vitamin A: 1455.29IU (29.11%), Zinc: 3.91mg (26.07%), Vitamin B2: 0.39mg (22.82%), Vitamin B12: 1.37µg (22.8%), Magnesium:

72.79mg (18.2%), Copper: 0.3mg (14.93%), Vitamin B6: 0.26mg (12.97%), Potassium: 443.12mg (12.66%), Iron: 2.09mg (11.62%), Vitamin B3: 2.27mg (11.35%), Fiber: 2.62g (10.5%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.81mg (8.08%), Vitamin B1: 0.11mg (7.49%), Vitamin D: 1.02µg (6.82%), Folate: 24.13µg (6.03%), Vitamin K: 5.19µg (4.94%)