



WHATSheATE



Spinach-Bacon Mac and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



990 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz baby spinach fresh
- ☐ 0.3 cup butter
- ☐ 0.5 cup bacon cooked chopped (6 slices)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2.5 cups milk 2%
- ☐ 16 oz rotini pasta
- ☐ 0.5 teaspoon salt

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10 oz block sharp cheddar cheese shredded 2%

Equipment

☐

sauce pan

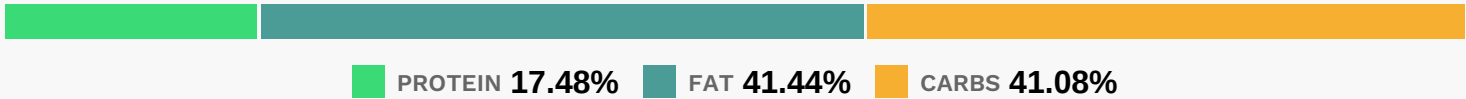
☐

whisk

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter in a large saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and next 3 ingredients; cook, whisking constantly, 8 to 10 minutes or until thickened.
- ☐ Remove from heat.
- ☐ Gradually stir in Cheddar cheese, stirring until cheese is melted and sauce is smooth. Stir in bacon, spinach, and hot cooked pasta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:39.03, Inflammation Score:-10, Nutrition Score:39.446521883426%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 990.38kcal (49.52%), Fat: 45.46g (69.94%), Saturated Fat: 24.81g (155.04%), Carbohydrates: 101.38g (33.79%), Net Carbohydrates: 96.56g (35.11%), Sugar: 10.95g (12.17%), Cholesterol: 127.16mg (42.39%), Sodium: 1192.7mg (51.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.26%), Vitamin K: 208.62µg (198.68%), Selenium: 105.82µg (151.18%), Vitamin A: 5259.89IU (105.2%), Phosphorus: 762.86mg (76.29%), Manganese: 1.51mg (75.48%), Calcium: 750.56mg (75.06%), Vitamin B2: 0.81mg (47.72%), Zinc: 5.64mg (37.6%), Folate: 140.07µg (35.02%), Magnesium: 135.71mg (33.93%), Vitamin B12: 1.71µg (28.52%), Potassium: 837.18mg

(23.92%), Vitamin B1: 0.36mg (23.68%), Copper: 0.44mg (22.13%), Vitamin B3: 4.37mg (21.85%), Vitamin B6: 0.43mg (21.65%), Fiber: 4.82g (19.27%), Iron: 3.29mg (18.26%), Vitamin B5: 1.54mg (15.42%), Vitamin C: 12.34mg (14.96%), Vitamin E: 1.99mg (13.3%), Vitamin D: 0.48µg (3.21%)