



Spinach-Bacon Macaroni and Cheese

READY IN



45 min.

SERVINGS



45

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves
- 4 slices oscar mayer bacon chopped
- 2 Tbsp flour
- 2 cups milk
- 0.3 cup parmesan cheese grated kraft
- 3 cups shells uncooked
- 2 cups sharp cheddar cheese shredded divided kraft

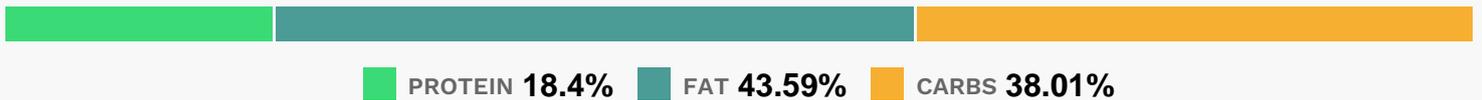
Equipment

- frying pan
- sauce pan
- oven
- slotted spoon

Directions

- Heat oven to 350F.
- Cook pasta in large saucepan as directed on package, omitting salt and adding spinach to the boiling water for the last minute.
- Meanwhile, cook and stir bacon in large saucepan until crisp. Use slotted spoon to remove bacon from pan, reserving drippings in pan.
- Add flour to drippings; cook and stir 1 min. or until bubbly. Gradually stir in milk. Bring to boil, stirring constantly; cook and stir 3 to 5 min. or until thickened.
- Add 1 cup cheddar and Parmesan to saucepan; cook and stir 2 to 3 min. or until melted.
- Add pasta mixture and bacon; mix well.
- Spoon into 1-1/2-qt. casserole sprayed with cooking spray; top with remaining cheddar.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.76, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:3.4452173735784%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 64.31kcal (3.22%), Fat: 3.11g (4.78%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.79g (2.1%), Sugar: 0.73g (0.81%), Cholesterol: 8.1mg (2.7%), Sodium: 63.03mg (2.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 18.43µg (17.55%), Selenium: 6.58µg (9.4%), Vitamin

A: 427.86IU (8.56%), Calcium: 59.05mg (5.9%), Phosphorus: 55.11mg (5.51%), Manganese: 0.1mg (4.95%), Vitamin B2: 0.05mg (3.14%), Zinc: 0.39mg (2.62%), Folate: 10.23µg (2.56%), Magnesium: 9.68mg (2.42%), Vitamin B12: 0.13µg (2.15%), Potassium: 61.34mg (1.75%), Vitamin B1: 0.02mg (1.64%), Vitamin B6: 0.03mg (1.64%), Copper: 0.03mg (1.37%), Vitamin C: 1.06mg (1.29%), Vitamin B3: 0.25mg (1.27%), Iron: 0.22mg (1.24%), Fiber: 0.31g (1.22%), Vitamin D: 0.16µg (1.07%), Vitamin B5: 0.11mg (1.07%)