



White Cheddar Macaroni with Bacon and Thyme

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

811 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon thick sliced cut into 1/2-inch pieces
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups milk
- ☐ 1 small onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 tablespoon parmesan cheese or as needed grated
- ☐ 1 pound mezze penne pasta short

- ☐ 8 servings sea salt and cracked pepper black to taste
- ☐ 3.5 cups sharp cheddar cheese shredded white divided
- ☐ 1 teaspoon thyme leaves dried

Equipment

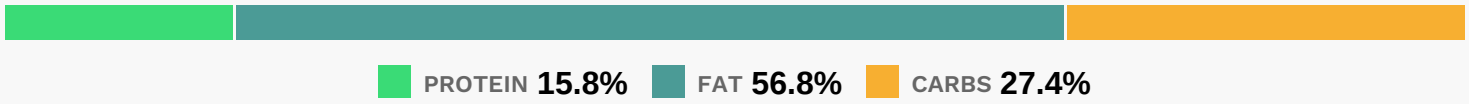
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish, and sprinkle 1 tablespoon Parmesan cheese around the inside of the dish.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil. Once the water is boiling, stir in the penne, and return to a boil. Cook the penne uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Place the bacon pieces into a large, deep skillet, and cook over medium-high heat, stirring occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Retain 1/4 cup of bacon drippings. Set the bacon pieces aside.
- ☐ Melt butter and bacon drippings together in a large saucepan over medium heat, and cook and stir the onion until translucent, about 5 minutes.
- ☐ Whisk in the flour, stirring frequently until the mixture forms a smooth paste.

- ☐
- Whisk in the milk, a little at a time, and bring the mixture to a simmer, whisking constantly until thickened. Stir in the thyme, salt, and pepper, and then whisk in 1/4 cup Parmesan and 3 cups Cheddar cheese, stirring constantly until the Cheddar cheese has melted and the sauce is smooth and thick.
- ☐
- Stir the cooked penne pasta into the cheese sauce, then lightly mix in the cooked bacon.
- ☐
- Spread the mixture into the prepared baking dish and sprinkle 1/2 cup Cheddar cheese over the top. Cover the dish with foil.
- ☐
- Bake in the preheated oven until the pasta is hot and bubbling, about 25 minutes.
- ☐
- Remove the dish from the oven, and turn on the broiler.
- ☐
- Remove the foil, and broil the dish until the cheese topping is browned and crisp, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:22.58, Inflammation Score:-7, Nutrition Score:21.673478385677%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 811.05kcal (40.55%), Fat: 50.94g (78.37%), Saturated Fat: 23.7g (148.11%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 53.15g (19.33%), Sugar: 7.94g (8.82%), Cholesterol: 120.01mg (40%), Sodium: 1053.94mg (45.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.78%), Selenium: 66.73µg (95.33%), Phosphorus: 572.36mg (57.24%), Calcium: 553.1mg (55.31%), Vitamin B2: 0.51mg (30.06%), Manganese: 0.59mg (29.54%), Zinc: 4.01mg (26.72%), Vitamin B12: 1.53µg (25.48%), Vitamin B1: 0.34mg (22.44%), Vitamin A: 935.75IU (18.71%), Vitamin B3: 3.73mg (18.63%), Vitamin B6: 0.36mg (17.84%), Magnesium: 68.72mg (17.18%), Potassium: 488.28mg (13.95%), Vitamin B5: 1.27mg (12.73%), Vitamin D: 1.88µg (12.56%), Copper: 0.22mg (10.96%), Fiber: 2.14g (8.55%), Folate: 32.33µg (8.08%), Iron: 1.37mg (7.62%), Vitamin E: 0.93mg (6.18%), Vitamin K: 2.22µg (2.11%), Vitamin C: 1.05mg (1.27%)