



White Cheddar Macaroni with Bacon and Thyme

READY IN



95 min.

SERVINGS



8

CALORIES



808 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 pound penne pasta (short)
- 8 servings sea salt black to taste

- 3.5 cups cheddar cheese shredded white divided
- 1 teaspoon thyme leaves dried

Equipment

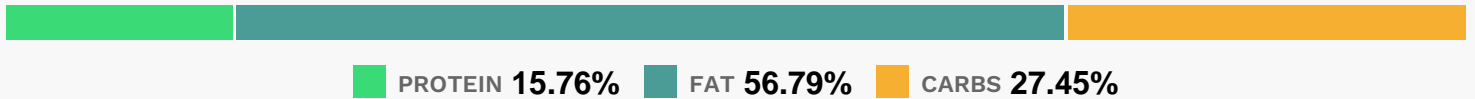
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- pot
- baking pan
- aluminum foil
- broiler
- colander

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:21.583912828694%

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

Nutrients (% of daily need)

Calories: 808.42kcal (40.42%), Fat: 50.76g (78.1%), Saturated Fat: 23.6g (147.5%), Carbohydrates: 55.21g (18.4%), Net Carbohydrates: 53.07g (19.3%), Sugar: 7.94g (8.82%), Cholesterol: 119.47mg (39.82%), Sodium: 1043mg (45.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.41%), Selenium: 66.51µg (95.02%), Phosphorus: 568.39mg (56.84%), Calcium: 547.58mg (54.76%), Vitamin B2: 0.51mg (29.93%), Manganese: 0.59mg (29.51%), Zinc: 3.98mg (26.54%), Vitamin B12: 1.52µg (25.34%), Vitamin B1: 0.34mg (22.43%), Vitamin B3: 3.73mg (18.63%), Vitamin A: 930.34IU (18.61%), Vitamin B6: 0.36mg (17.81%), Magnesium: 68.5mg (17.13%), Potassium: 487.13mg (13.92%), Vitamin B5: 1.27mg (12.71%), Vitamin D: 1.88µg (12.54%), Copper: 0.22mg (10.95%), Fiber: 2.14g (8.55%), Folate: 32.29µg (8.07%), Iron: 1.37mg (7.61%), Vitamin E: 0.92mg (6.16%), Vitamin K: 2.21µg (2.1%), Vitamin C: 1.05mg (1.27%)