

# Bacon and Avocado Macaroni Salad

*adapted from The Cozy Apron  
www.DamnDelicious.net*

## Servings: 4

*12 ounces elbows pasta  
5 slices applewood smoked bacon,  
diced  
2 avocados, halved, seeded, peeled and  
diced  
Kosher salt (to taste)  
ground black pepper (to taste)  
2 teaspoons fresh thyme leaves (for  
garnish)*  
**LEMON THYME DRESSING**  
*3/4 cup mayonnaise  
1/4 cup freshly squeezed lemon juice  
1 1/2 tablespoons lemon zest  
1 tablespoon sugar  
1 teaspoon fresh thyme leaves  
Kosher salt (to taste)  
ground black pepper (to taste)  
1/3 cup olive oil*

## Preparation Time: 10 minutes

### Cook Time: 10 minutes

For the dressing: In the bowl of a food processor, combine the mayonnaise, lemon juice, zest, sugar and thyme. Season to taste with salt and pepper. With the motor running, add the olive oil in a slow stream until emulsified. Set aside.

In a large pot of boiling salted water, cook the pasta according to package instructions. Drain well.

Heat a large skillet over medium-high heat. Add the bacon. Cook until brown and crispy, about 6 to 8 minutes. Transfer to a paper towel-lined plate.

In a large bowl, combine the pasta, bacon, avocado, lemon-thyme dressing with salt and pepper to taste.

Serve immediately, garnished with thyme.

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Per Serving (excluding unknown items): 629 Calories; 68g Fat (92.0% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 14mg Cholesterol; 245mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 9 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

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Calories (kcal):	629	Vitamin B6 (mg):	.5mg
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% Calories from Fat:	92.0%
% Calories from Carbohydrates:	6.6%
% Calories from Protein:	1.5%
Total Fat (g):	68g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	32g
Polyunsaturated Fat (g):	20g
Cholesterol (mg):	14mg
Carbohydrate (g):	11g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	245mg
Potassium (mg):	621mg
Calcium (mg):	22mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	741IU
Vitamin A (r.e.):	85 1/2RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	66mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	9 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 629 **Calories from Fat:** 578

### % Daily Values\*

<b>Total Fat</b> 68g	105%
Saturated Fat 10g	49%
<b>Cholesterol</b> 14mg	5%
<b>Sodium</b> 245mg	10%
<b>Total Carbohydrates</b> 11g	4%
Dietary Fiber 3g	11%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	15%
<b>Vitamin C</b>	19%
<b>Calcium</b>	2%
<b>Iron</b>	7%

\* Percent Daily Values are based on a 2000 calorie diet.