



Andouille, Jalapeño, and Habanero Mac and Cheese

READY IN



60 min.

SERVINGS



6

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup breadcrumbs
- 8 ounces cheddar cheese
- 2 teaspoons garlic clove minced
- 0.5 teaspoon garlic salt
- 2 teaspoons scotch bonnet peppers minced seeded
- 2 tablespoons jalapeno minced
- 6 servings pepper black freshly ground
- 0.8 cup milk

- 1 tablespoon olive oil
- 1 cup onion minced
- 0.5 teaspoon onion powder
- 1 pound elbow macaroni such as campanelle or elbow macaroni, cooked al dente according to package directions and drained
- 2 andouille sausage finely chopped
- 0.8 cup sharp cheddar cheese shredded
- 2 tablespoons butter unsalted melted

Equipment

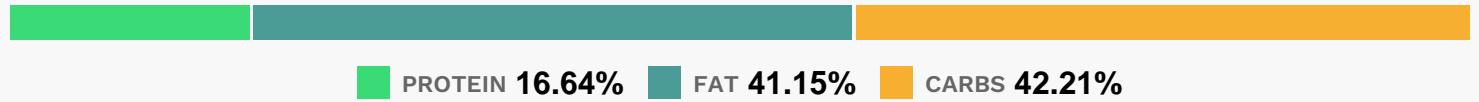
- bowl
- frying pan
- oven
- ramekin
- baking pan

Directions

- Adjust oven rack to lower-middle position and preheat oven to 375°F.
- Heat oil in a sauté pan over medium-high heat until it shimmers.
- Add onion, jalapenos, and habanero. Stir and cook until vegetables begin to soften, about 5 minutes. Reduce heat to medium and add garlic. Sauté for another 2 minutes, taking care not to let the garlic burn.
- Transfer to a large bowl.
- Add cooked pasta and cooked andouille sausage, along with the cold-pack cheddar, shredded cheddar cheese and milk. Stir to combine. Season with salt and pepper to taste.
- Spray 6 individual ramekins or a 13" x 9" baking pan with cooking spray.
- Combine breadcrumbs, melted butter, garlic salt and onion powder in a small bowl. Fill ramekins or baking pan with pasta. Evenly distribute topping on mac and cheese and transfer to oven to bake, about 15 minutes for individual crocks or 30 minutes for a tray, until topping is browned and cheese is bubbly.

Remove from oven let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:22.491739190143%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 722.39kcal (36.12%), Fat: 32.89g (50.6%), Saturated Fat: 15.64g (97.77%), Carbohydrates: 75.9g (25.3%), Net Carbohydrates: 71.98g (26.17%), Sugar: 6.46g (7.18%), Cholesterol: 84.54mg (28.18%), Sodium: 862.58mg (37.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.93g (59.86%), Selenium: 72.52µg (103.6%), Phosphorus: 487.06mg (48.71%), Manganese: 0.94mg (47.04%), Calcium: 466.54mg (46.65%), Zinc: 3.98mg (26.52%), Vitamin B2: 0.44mg (26.05%), Vitamin B1: 0.35mg (23.27%), Vitamin B3: 4.01mg (20.05%), Magnesium: 73.51mg (18.38%), Vitamin B12: 1µg (16.69%), Copper: 0.32mg (15.92%), Fiber: 3.92g (15.68%), Vitamin A: 766.04IU (15.32%), Vitamin B6: 0.3mg (15.09%), Iron: 2.33mg (12.96%), Vitamin C: 10.62mg (12.87%), Folate: 51.08µg (12.77%), Potassium: 429.62mg (12.27%), Vitamin B5: 0.98mg (9.78%), Vitamin E: 1.34mg (8.95%), Vitamin D: 1.02µg (6.83%), Vitamin K: 5.78µg (5.51%)