



## Buffalo Chicken Mac and Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



845 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.5 cups elbow macaroni uncooked
- 0.3 cup butter unsalted
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground mustard
- 2 cups milk whole
- 8 oz cheddar cheese shredded
- 1 serving salt to taste
- 1 cup roasted chicken cooked chopped
- 1 stalk celery cut into 1-inch pieces cut in half lengthwise, then

- 1 oz cheese blue crumbled
- 0.3 cup sauce of the chicken from the turbo broiler

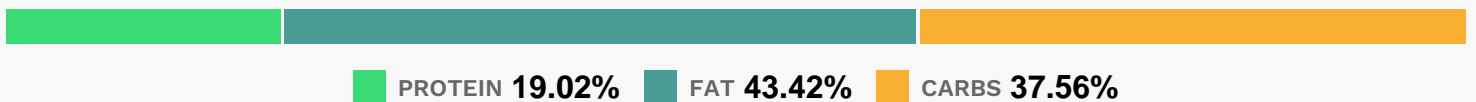
## Equipment

- sauce pan
- oven
- whisk
- glass baking pan

## Directions

- Heat oven to 425°F. Cook and drain macaroni as directed on package, using minimum cook time.
- Meanwhile, in 3-quart saucepan, melt butter over low heat. Stir in flour and mustard with whisk; cook and stir until smooth. Gradually add milk.
- Heat to boiling, stirring constantly. Boil 1 minute until mixture is hot and bubbly.
- Add Cheddar cheese; stir until cheese is melted and sauce is smooth. Season with salt.
- Gently stir cooked macaroni into cheese sauce. Stir in chicken. Spoon into ungreased 8-inch square (2-quart) glass baking dish.
- Sprinkle celery and blue cheese over macaroni mixture.
- Drizzle with Buffalo wing sauce.
- Bake uncovered 5 to 10 minutes or until bubbly and blue cheese is melted.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:6.94, Inflammation Score:-8, Nutrition Score:25.32217388179%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 845.46kcal (42.27%), Fat: 40.55g (62.38%), Saturated Fat: 22.67g (141.66%), Carbohydrates: 78.92g (26.31%), Net Carbohydrates: 75.72g (27.53%), Sugar: 8.61g (9.56%), Cholesterol: 133.41mg (44.47%), Sodium: 1048.27mg (45.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.95g (79.91%), Selenium: 86.65µg (123.79%), Phosphorus: 659.22mg (65.92%), Calcium: 620.19mg (62.02%), Manganese: 0.89mg (44.5%), Vitamin B2: 0.6mg (35.25%), Zinc: 4.63mg (30.87%), Vitamin B3: 4.99mg (24.93%), Vitamin A: 1233.71IU (24.67%), Vitamin B12: 1.47µg (24.53%), Magnesium: 89.33mg (22.33%), Vitamin B6: 0.41mg (20.27%), Vitamin B1: 0.25mg (16.89%), Vitamin B5: 1.61mg (16.06%), Potassium: 559.7mg (15.99%), Copper: 0.31mg (15.71%), Vitamin D: 1.93µg (12.87%), Fiber: 3.2g (12.81%), Folate: 50.69µg (12.67%), Iron: 2.08mg (11.57%), Vitamin E: 0.97mg (6.49%), Vitamin K: 5.94µg (5.66%)