



WHATSheATE



Buffalo Chicken Mac 'n Cheese

♥ Popular

READY IN



70 min.

SERVINGS



12

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 teaspoons ground mustard dry
- ☐ 1 pound elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cups cup heavy whipping cream
- ☐ 0.8 cup hot sauce divided ()

- ☐ 2 cups milk 2% (I used)
- ☐ 1 cup panko bread crumbs
- ☐ 2 cups pepper jack cheese shredded
- ☐ 3 cups rotisserie chicken cut shredded
- ☐ 6 tablespoons natural butter extract divided ()
- ☐ 1 pound sharp cheddar cheese yellow cut into 1-inch cubes (3.5 cups)
- ☐ 0.7 cup cream sour

Equipment

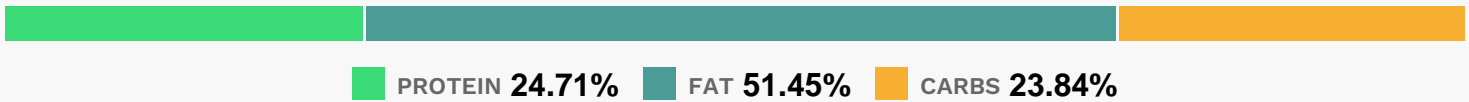
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Preheat the oven to 350° F and grease a 9-by-13-inch baking dish. Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 7 minutes.
- ☐ Drain. Meanwhile, melt 2 tablespoons butter in a large skillet over medium heat. Stir in the chicken and garlic and cook 2 minutes, then add 1/2 cup hot sauce and simmer until slightly thickened, about 1 more minute. Melt 2 tablespoons butter in a saucepan over medium heat. Stir in the flour and mustard with a wooden spoon until smooth.
- ☐ Whisk in the milk and cream, then add the remaining 1/4 cup hot sauce and stir until thick, about 2 minutes.
- ☐ Whisk in the cheddar and pepper jack cheeses, then whisk in the sour cream until smooth.

- ☐
- Spread half of the macaroni in the prepared baking dish, then top with the chicken mixture and the remaining macaroni.
- ☐
- Pour the cheese sauce evenly on top.
- ☐
- Put the remaining 2 tablespoons butter in a medium microwave–safe bowl and microwave until melted. Stir in the panko, blue cheese and parsley.
- ☐
- Sprinkle over the macaroni and bake until bubbly, 30 to 40 minutes.
- ☐
- Let rest 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:17.843913181968%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 653.28kcal (32.66%), Fat: 37.51g (57.71%), Saturated Fat: 18.52g (115.78%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 37.1g (13.49%), Sugar: 5.32g (5.91%), Cholesterol: 139.19mg (46.4%), Sodium: 1089.43mg (47.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.53g (81.07%), Selenium: 42.45µg (60.65%), Calcium: 532.02mg (53.2%), Phosphorus: 448.45mg (44.84%), Manganese: 0.55mg (27.64%), Vitamin B2: 0.44mg (25.68%), Zinc: 3.2mg (21.33%), Vitamin A: 938.37IU (18.77%), Magnesium: 61.78mg (15.44%), Vitamin C: 12.46mg (15.1%), Vitamin B12: 0.91µg (15.09%), Vitamin K: 13.86µg (13.2%), Vitamin B3: 2.32mg (11.59%), Vitamin B6: 0.21mg (10.55%), Vitamin B1: 0.16mg (10.44%), Folate: 38.39µg (9.6%), Copper: 0.19mg (9.55%), Potassium: 314.98mg (9%), Vitamin E: 1.32mg (8.81%), Vitamin B5: 0.82mg (8.18%), Fiber: 1.99g (7.95%), Iron: 1.32mg (7.31%), Vitamin D: 0.97µg (6.49%)