



Buffalo-Chicken Macaroni and Cheese

READY IN



75 min.

SERVINGS



8

CALORIES



1013 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 stalks celery finely chopped
- ☐ 2 teaspoons mustard dry
- ☐ 1 pound elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2.5 cups half-and-half
- ☐ 0.8 cup hot sauce (preferably Frank's)

- ☐ 8 servings kosher salt
- ☐ 1 small onion finely chopped
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 cups pepper jack cheese shredded
- ☐ 3 cups rotisserie chicken cut shredded
- ☐ 1 pound sharp cheddar cheese yellow cut into 1-inch cubes (3 1/2 cups)
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 7 tablespoons butter unsalted plus more for the dish

Equipment

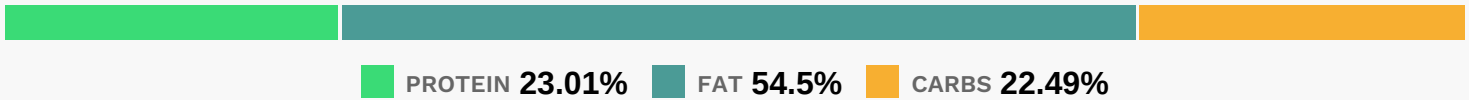
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees F and butter 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 3 tablespoons butter in a large skillet over medium heat.
- ☐ Add the onion and celery and cook until soft, about 5 minutes. 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 half-and-half, 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.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:25.272608736287%

Flavonoids

Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 1012.78kcal (50.64%), Fat: 61.43g (94.51%), Saturated Fat: 33.61g (210.07%), Carbohydrates: 57.06g (19.02%), Net Carbohydrates: 54.37g (19.77%), Sugar: 6.99g (7.77%), Cholesterol: 237.46mg (79.15%), Sodium: 1854.53mg (80.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.35g (116.7%), Selenium: 64.21µg (91.73%), Calcium: 797.29mg (79.73%), Phosphorus: 641.96mg (64.2%), Vitamin B2: 0.68mg (39.92%), Vitamin A: 1708.98IU (34.18%), Manganese: 0.67mg (33.7%), Zinc: 4.55mg (30.31%), Vitamin C: 20.24mg (24.53%), Vitamin K: 24.9µg (23.71%), Vitamin B12: 1.17µg (19.49%), Magnesium: 73.93mg (18.48%), Vitamin B1: 0.21mg (13.94%), Vitamin B6: 0.28mg (13.87%), Folate: 54.44µg (13.61%), Potassium: 441.46mg (12.61%), Copper: 0.25mg (12.47%), Vitamin B5: 1.1mg (11.02%), Fiber: 2.69g (10.75%), Iron: 1.83mg (10.16%), Vitamin B3: 1.96mg (9.8%), Vitamin E: 1.22mg (8.16%), Vitamin D: 0.74µg (4.9%)