



Chili and Cheddar Bow Tie Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 2 ounces canadian bacon diced
- 1 teaspoon chili powder
- 7 ounce chipotle chiles in adobo sauce canned
- 8 cups farfalle pasta hot cooked (bow tie pasta)
- 2 tablespoons flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup green onions thinly sliced
- 0.5 teaspoon ground cumin

- 2.3 cups milk 2% reduced-fat
- 1 cup bell pepper red chopped
- 0.5 teaspoon salt
- 8 ounces sharp cheddar cheese shredded divided reduced-fat

Equipment

- frying pan
- oven
- whisk
- baking pan
- ziploc bags
- dutch oven

Directions

- Preheat oven to 400
- Remove 1 teaspoon adobo sauce and 1 chile from canned chiles; mince the chile.
- Place remaining sauce and chiles in a zip-top plastic bag; freeze for another use.
- Melt butter in a large Dutch oven over medium-high heat.
- Add bell pepper and bacon; saut 4 minutes.
- Add onions; saut 1 minute. Stir in the adobo sauce, minced chile, flour, chili powder, salt, and cumin; cook 1 minute. Gradually add milk; cook until thick and bubbly (about 4 minutes), stirring constantly with a whisk.
- Remove from heat. Gradually add 1 1/2 cups cheese and cilantro, stirring until cheese melts.
- Add pasta to pan; toss well.
- Spoon the pasta mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle 1/2 cup cheese over pasta mixture.
- Bake at 400 for 15 minutes or until browned.

Nutrition Facts



■ PROTEIN 18.39% ■ FAT 34.22% ■ CARBS 47.39%

Properties

Glycemic Index:50.25, Glycemic Load:21.55, Inflammation Score:-8, Nutrition Score:21.471304572147%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 491.56kcal (24.58%), Fat: 18.65g (28.69%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 58.1g (19.37%), Net Carbohydrates: 51.16g (18.6%), Sugar: 9.05g (10.05%), Cholesterol: 54.62mg (18.21%), Sodium: 594.24mg (25.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.1%), Selenium: 52.6µg (75.15%), Vitamin C: 35.15mg (42.6%), Calcium: 401.35mg (40.13%), Phosphorus: 374.94mg (37.49%), Vitamin K: 37.75µg (35.95%), Vitamin A: 1582.63IU (31.65%), Fiber: 6.94g (27.76%), Manganese: 0.54mg (27.22%), Vitamin B2: 0.43mg (25.04%), Zinc: 2.81mg (18.76%), Iron: 3.34mg (18.53%), Vitamin B12: 0.94µg (15.62%), Magnesium: 54.32mg (13.58%), Vitamin B6: 0.26mg (12.77%), Vitamin B1: 0.19mg (12.55%), Folate: 49.28µg (12.32%), Potassium: 357.79mg (10.22%), Copper: 0.19mg (9.31%), Vitamin B3: 1.77mg (8.83%), Vitamin B5: 0.78mg (7.83%), Vitamin E: 1.09mg (7.25%), Vitamin D: 0.49µg (3.28%)