



Chipotle Mac and Cheese

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter
- 3 chipotle chiles in adobo sauce finely chopped
- 16 ounce elbow macaroni
- 6 tablespoons flour all-purpose
- 4 cloves garlic minced
- 1 cup monterrey jack cheese shredded
- 0.5 cup onion minced
- 1 teaspoon paprika

- 12 servings salt and pepper to taste
- 2 cups cheddar cheese shredded extra-sharp
- 3 cups milk whole

Equipment

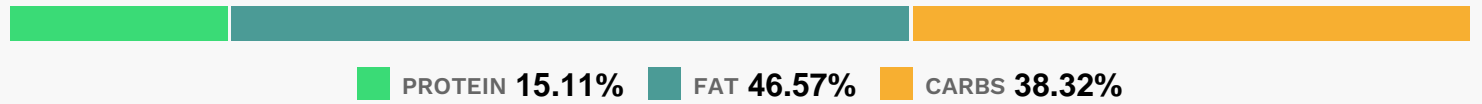
- sauce pan
- oven
- whisk
- pot
- baking pan
- aluminum foil
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Preheat oven to 350 degrees F (175 degrees C).
- Spray a 9x13 inch baking dish with cooking spray, and place the macaroni into the bottom of the dish.
- Heat milk in a saucepan until hot but not boiling.
- Melt butter in a saucepan, and cook and stir the onion, garlic, and chipotle chiles until the onions are translucent, about 5 minutes.
- Whisk in flour, 1 tablespoon at a time, and let cook for about 3 minutes, whisking constantly to avoid burning.
- Whisk in the hot milk, 1/2 cup at a time, and stir in paprika, salt, and pepper. Bring the mixture to a simmer (do not boil), whisking constantly until thickened, about 2 minutes.
- Whisk in the cheeses, about 1/2 cup at a time, and stir until the cheeses have melted and the sauce is thick and smooth.

- Pour the sauce over the macaroni in the baking dish, and stir gently to combine. Cover the dish with foil.
- Bake covered until the dish is bubbling and the macaroni has absorbed some of the sauce, about 40 minutes. Uncover, and bake until golden brown on the edges, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:10.936956410823%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 377.39kcal (18.87%), Fat: 19.52g (30.03%), Saturated Fat: 11.53g (72.05%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 34.25g (12.46%), Sugar: 4.63g (5.14%), Cholesterol: 54.87mg (18.29%), Sodium: 460.39mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.51%), Selenium: 33.3µg (47.57%), Calcium: 293.05mg (29.3%), Phosphorus: 271.42mg (27.14%), Manganese: 0.41mg (20.3%), Vitamin B2: 0.25mg (14.9%), Vitamin A: 678.81IU (13.58%), Zinc: 1.82mg (12.15%), Vitamin B12: 0.62µg (10.39%), Magnesium: 37.21mg (9.3%), Fiber: 1.88g (7.51%), Vitamin B1: 0.11mg (7.37%), Vitamin B6: 0.14mg (6.86%), Copper: 0.13mg (6.57%), Potassium: 221.79mg (6.34%), Vitamin D: 0.84µg (5.6%), Vitamin B5: 0.53mg (5.33%), Folate: 20.98µg (5.24%), Iron: 0.92mg (5.13%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.51mg (3.4%), Vitamin K: 1.76µg (1.68%)