



Chipotle Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 14.5 ounce canned tomatoes diced green undrained canned
- 7 ounce chipotles in adobo canned
- 2 cups elbow macaroni hot cooked uncooked
- 2 cups elbow macaroni hot cooked uncooked
- 3 tablespoons breadcrumbs dry
- 1 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 garlic clove minced

- 0.5 cup bell pepper green finely chopped
- 1 cup cottage cheese 1% low-fat
- 1 cup milk 2% reduced-fat
- 0.5 cup onion finely chopped
- 1 ounce parmesan fresh grated
- 8 ounces sharp cheddar cheese shredded reduced-fat

Equipment

- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 35
- Remove 1 teaspoon adobo sauce from can; set aside.
- Remove 2 chipotle chiles from can; finely chop to measure 1 tablespoon. Reserve remaining chiles and adobo sauce for another use.
- Melt butter in a Dutch oven over medium-high heat.
- Add chopped chiles, onion, bell pepper, and garlic; cook 4 minutes or until onion is tender, stirring frequently.
- Sprinkle with flour; cook 30 seconds, stirring constantly. Reduce heat to medium; add tomatoes. Cook 3 minutes or until thickened.
- Add reserved 1 teaspoon adobo sauce, pasta, cheddar cheese, cottage cheese, milk, Parmesan, and egg; stir to combine. Spoon pasta mixture into a 2-quart baking dish coated with cooking spray; top with breadcrumbs.
- Bake at 350 for 30 minutes or until bubbly.

Nutrition Facts



PROTEIN 21.14% FAT 36.33% CARBS 42.53%

Properties

Glycemic Index:63.89, Glycemic Load:16.9, Inflammation Score:-7, Nutrition Score:18.960000193637%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 477.03kcal (23.85%), Fat: 19.31g (29.7%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 43.82g (15.94%), Sugar: 10.14g (11.26%), Cholesterol: 81.68mg (27.23%), Sodium: 650.49mg (28.28%), Alcohol: 0g (100%), Protein: 25.28g (50.56%), Selenium: 46.01µg (65.73%), Calcium: 443.15mg (44.32%), Phosphorus: 403.75mg (40.38%), Fiber: 7.03g (28.12%), Manganese: 0.54mg (27.17%), Vitamin B2: 0.45mg (26.51%), Vitamin C: 17.51mg (21.22%), Zinc: 2.75mg (18.36%), Vitamin B12: 1µg (16.65%), Iron: 2.89mg (16.07%), Vitamin A: 769.73IU (15.39%), Vitamin B6: 0.29mg (14.54%), Copper: 0.28mg (14.14%), Magnesium: 55.44mg (13.86%), Vitamin B1: 0.19mg (12.78%), Potassium: 430.45mg (12.3%), Folate: 47.9µg (11.97%), Vitamin B3: 1.89mg (9.46%), Vitamin E: 1.42mg (9.45%), Vitamin B5: 0.89mg (8.94%), Vitamin K: 6.24µg (5.94%), Vitamin D: 0.42µg (2.78%)