



## Chipotle Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 14.5 ounce canned tomatoes    diced green undrained canned
- ☐ 7 ounce chipotle chiles in adobo sauce    canned
- ☐ 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 curd cottage cheese 1% low-fat
- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 8 ounces sharp cheddar cheese shredded reduced-fat

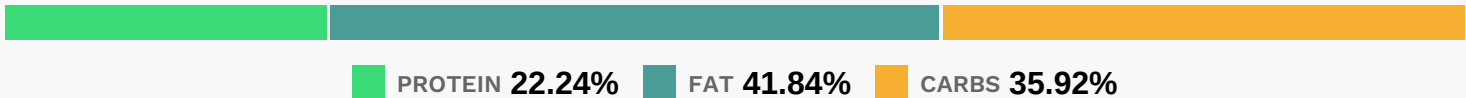
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 350
- ☐ 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



## Properties

Glycemic Index:55.61, Glycemic Load:10.17, Inflammation Score:-7, Nutrition Score:17.039999992951%

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: 403.3kcal (20.16%), Fat: 18.87g (29.03%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 30.26g (11%), Sugar: 9.88g (10.97%), Cholesterol: 81.68mg (27.23%), Sodium: 650.02mg (28.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.14%), Selenium: 33.69µg (48.13%), Calcium: 439.89mg (43.99%), Phosphorus: 376.69mg (37.67%), Vitamin B2: 0.44mg (25.96%), Fiber: 6.19g (24.76%), Vitamin C: 17.51mg (21.22%), Manganese: 0.39mg (19.65%), Zinc: 2.52mg (16.78%), Vitamin B12: 1µg (16.65%), Vitamin A: 769.73IU (15.39%), Iron: 2.66mg (14.78%), Vitamin B6: 0.27mg (13.4%), Vitamin B1: 0.18mg (12.16%), Copper: 0.24mg (11.81%), Magnesium: 47.04mg (11.76%), Potassium: 409.92mg (11.71%), Folate: 44.63µg (11.16%), Vitamin E: 1.39mg (9.27%), Vitamin B3: 1.71mg (8.53%), Vitamin B5: 0.84mg (8.42%), Vitamin K: 6.24µg (5.94%), Vitamin D: 0.42µg (2.78%)