



Chorizo Mac and Cheese

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups elbow macaroni
- ☐ 1 cup milk
- ☐ 1 teaspoon cornstarch
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup pepper jack cheese shredded
- ☐ 6 ounces mexican chorizo
- ☐ 0.5 cup onion red minced
- ☐ 2 Tbsp flour

- ☐ 2 teaspoons juice of lime
- ☐ 2 Tbsp breadcrumbs
- ☐ 1 Tbsp butter

Equipment

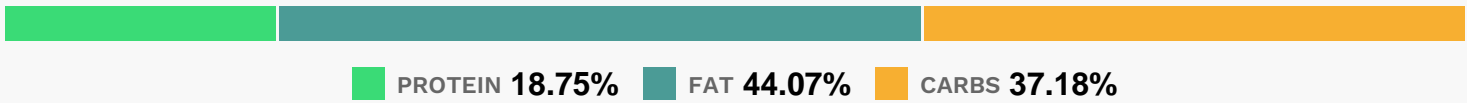
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Mix the cornstarch with the 2 cheeses in a bowl and set aside. The cornstarch will help prevent the cheese sauce from getting too stringy.
- ☐ Heat the milk:
- ☐ Put the milk into a small saucepan and heat until steamy. Keep warm while you are preparing the recipe, do not let boil.
- ☐ Cook the macaroni pasta: Put 2 quarts of water, salted with 1 Tbsp salt, into a large pot and heat to a boil. Once the water is at a full boil, add the macaroni to the pot. Return to a boil, and cook, uncovered, for about 2 minutes less than the macaroni package specifies, so that it is al dente, cooked, but still firm to the bite.
- ☐ Cook the chorizo and onion: While the water is heating and the macaroni cooking, prepare the chorizo cheese sauce.
- ☐ Remove chorizo from its casing and put into a medium thick-bottomed saucepan on medium high heat. When the chorizo begins to sizzle, reduce the heat to medium. Cook the chorizo, stirring often, for 2 minutes.
- ☐ Add the minced red onion and cook the mixture until the onions soften, about 3–4 minutes.
- ☐ Drain macaroni, preheat oven: When the macaroni is cooked, but still a bit firm, drain it and set aside. Preheat oven to 375°.
- ☐ Add the flour to the pot with the chorizo and mix well. Everything will clump up. Reduce the heat to medium-low and cook, stirring constantly and scraping the bottom of the pot, for 2 minutes.

- ☐
- Add the hot milk a tablespoon at a time, stirring constantly. When all the milk has been added, heat the mixture to a gentle simmer and cook for 2 minutes.
- ☐
- Mix the grated cheese into the chorizo milk sauce.
- ☐
- Add the cooked macaroni to the chorizo cheese sauce. Stir in the lime juice.
- ☐
- Pour the macaroni and cheese into a small casserole dish. Make sure the top is level. Dust the top with the breadcrumbs, then dot with the butter.
- ☐
- Bake until the breadcrumbs are golden, about 20 to 25 minutes.
- ☐
- If you want, serve with chopped avocados, crema fresca, and chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:3.8, Inflammation Score:-7, Nutrition Score:18.626956390298%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 707.81kcal (35.39%), Fat: 34.25g (52.69%), Saturated Fat: 17.84g (111.53%), Carbohydrates: 65g (21.67%), Net Carbohydrates: 62.08g (22.57%), Sugar: 6.25g (6.94%), Cholesterol: 94.92mg (31.64%), Sodium: 442.46mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.57%), Selenium: 60.17µg (85.96%), Calcium: 515.73mg (51.57%), Phosphorus: 468.09mg (46.81%), Manganese: 0.75mg (37.42%), Vitamin B2: 0.41mg (23.92%), Zinc: 3.26mg (21.73%), Vitamin A: 841.36IU (16.83%), Magnesium: 64.94mg (16.23%), Vitamin B12: 0.89µg (14.78%), Iron: 2.44mg (13.57%), Vitamin B1: 0.2mg (13.16%), Copper: 0.25mg (12.41%), Fiber: 2.92g (11.68%), Vitamin B6: 0.21mg (10.56%), Folate: 39.99µg (10%), Potassium: 339.04mg (9.69%), Vitamin B3: 1.88mg (9.38%), Vitamin B5: 0.78mg (7.81%), Vitamin D: 1.01µg (6.73%), Vitamin E: 0.49mg (3.27%), Vitamin C: 2.23mg (2.7%), Vitamin K: 2.32µg (2.21%)