



Chris' Tex-Mex Mac and Cheese

READY IN



90 min.

SERVINGS



6

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons butter
- 3 tablespoons butter melted
- 0.5 cup chorizo mexican-style cooked chopped
- 2 ears corn fresh
- 3 tablespoons flour all-purpose
- 8 ounces rotini pasta uncooked
- 3 cups milk
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 teaspoon pepper freshly ground

- 12 oz pepper jack cheese shredded
- 2 poblano pepper
- 1 teaspoon salt
- 0.8 cup tortilla chips crushed

Equipment

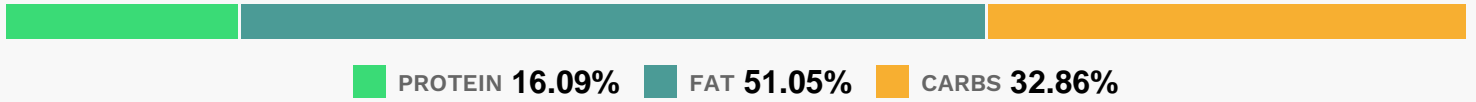
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- ramekin
- aluminum foil
- broiler

Directions

- Preheat broiler with oven rack 5 1/2 inches from heat. Broil peppers and corn at the same time on an aluminum foil-lined jelly-roll pan. Broil peppers 10 minutes or until blistered, turning after 5 minutes. Broil corn 20 minutes or until charred, turning every 5 minutes.
- Place peppers in a zip-top plastic freezer bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Chop peppers.
- Cut corn kernels from cobs. Reduce oven temperature to 40
- Cook pasta in boiling salted water to cover 8 to 10 minutes or until al dente.
- Drain.
- Cook chorizo in a medium skillet over medium heat, stirring often, 2 to 3 minutes or until crisp; remove chorizo, and drain on paper towels. Discard drippings.
- Melt 3 Tbsp. butter in a large heavy saucepan over medium heat; whisk in flour until smooth, and cook, whisking constantly, 2 minutes or until golden brown. Slowly whisk in milk, and cook, whisking often, 10 to 12 minutes or until thickened.

- Remove from heat, and gradually add cheese, stirring until smooth. Stir in chopped peppers, corn kernels, chorizo, salt, and pepper. Gently stir together cheese mixture and pasta in a large bowl. Spoon into 6 (8-oz.) ramekins.
- Combine tortilla chips, panko, and 3 Tbsp. melted butter; sprinkle over pasta.
- Bake at 400 for 12 to 15 minutes or until golden and bubbly.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:58.67, Glycemic Load:15.82, Inflammation Score:-8, Nutrition Score:21.343043700508%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 677.53kcal (33.88%), Fat: 38.81g (59.71%), Saturated Fat: 21.8g (136.26%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 52.73g (19.18%), Sugar: 10.28g (11.42%), Cholesterol: 101.09mg (33.7%), Sodium: 937.75mg (40.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.05%), Calcium: 609.88mg (60.99%), Selenium: 37.29µg (53.27%), Phosphorus: 525.05mg (52.5%), Vitamin C: 33.93mg (41.13%), Vitamin B2: 0.48mg (28.43%), Manganese: 0.52mg (25.76%), Vitamin A: 1220.9IU (24.42%), Zinc: 3.2mg (21.33%), Magnesium: 79.46mg (19.86%), Vitamin B12: 1.16µg (19.37%), Vitamin B1: 0.25mg (16.97%), Vitamin B6: 0.32mg (16.04%), Potassium: 503.26mg (14.38%), Fiber: 3.49g (13.98%), Vitamin B5: 1.21mg (12.09%), Folate: 45.27µg (11.32%), Vitamin D: 1.68µg (11.21%), Iron: 1.9mg (10.55%), Vitamin B3: 2.06mg (10.3%), Copper: 0.2mg (9.91%), Vitamin K: 9.14µg (8.71%), Vitamin E: 1.26mg (8.37%)