



Easy Skillet Green Chile Mac 'n' Cheese

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz chiles green undrained chopped canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups milk 1% low-fat
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 1 pinch paprika
- ☐ 16 oz penne pasta
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

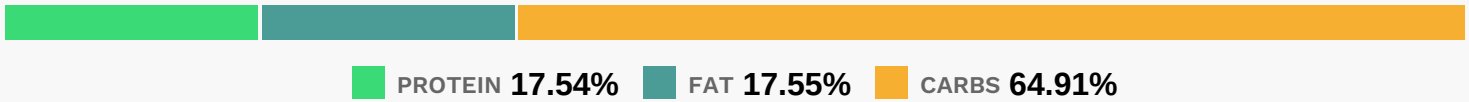
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Whisk together flour and 1/4 cup milk.
- ☐ Add flour mixture to remaining milk, whisking until smooth.
- ☐ Bring milk mixture to a boil in a large skillet over medium heat; reduce heat to medium-low, and simmer, whisking constantly, 3 to 5 minutes or until smooth. Stir in cheese and next 4 ingredients until smooth. Stir in pasta, and cook 1 minute or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:24.12, Inflammation Score:-5, Nutrition Score:13.603478172551%

Nutrients (% of daily need)

Calories: 389.66kcal (19.48%), Fat: 7.51g (11.55%), Saturated Fat: 4.17g (26.03%), Carbohydrates: 62.48g (20.83%), Net Carbohydrates: 59.64g (21.69%), Sugar: 5.05g (5.61%), Cholesterol: 19.77mg (6.59%), Sodium: 506.74mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.78%), Selenium: 52.67µg (75.24%), Manganese: 0.73mg (36.29%), Phosphorus: 292.53mg (29.25%), Calcium: 238.97mg (23.9%), Magnesium: 53.74mg (13.43%), Vitamin B2: 0.22mg (12.94%), Zinc: 1.92mg (12.82%), Copper: 0.23mg (11.51%), Fiber: 2.83g (11.34%), Vitamin B6: 0.18mg (9.1%), Potassium: 303.28mg (8.67%), Vitamin B12: 0.52µg (8.61%), Vitamin B1: 0.13mg (8.41%), Iron: 1.5mg (8.34%), Folate: 32.99µg (8.25%), Vitamin B3: 1.64mg (8.19%), Vitamin C: 6.46mg (7.83%), Vitamin B5: 0.61mg (6.07%), Vitamin A: 293.46IU (5.87%), Vitamin D: 0.76µg (5.08%), Vitamin E: 0.15mg (1.01%)