



## Gluten-Free Tex Mex Mac and Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



778 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups penne pasta gluten-free uncooked
- 18 oz flavor pack from ramen traditional canned
- 0.5 cup milk
- 6 oz sharp cheddar cheese gluten-free shredded
- 4 oz pepper jack cheese gluten-free shredded

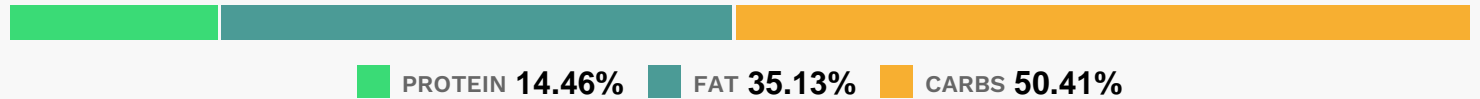
### Equipment

- sauce pan
- oven

## Directions

- Heat oven to 400°F. Spray 2-quart casserole with cooking spray. Cook and drain pasta as directed on package.
- Meanwhile, in 3-quart saucepan, heat soup and milk to boiling.
- Remove from heat; stir in cheeses until melted. Stir in pasta. Spoon into casserole
- Bake uncovered 20 minutes or until edges are bubbly. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:22.33, Glycemic Load:17.47, Inflammation Score:-6, Nutrition Score:23.521304239397%

## Nutrients (% of daily need)

Calories: 777.86kcal (38.89%), Fat: 30.23g (46.5%), Saturated Fat: 16.01g (100.04%), Carbohydrates: 97.58g (32.53%), Net Carbohydrates: 93.91g (34.15%), Sugar: 4.18g (4.65%), Cholesterol: 47.61mg (15.87%), Sodium: 2012.58mg (87.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Vitamin B1: 1.35mg (89.92%), Selenium: 55.8µg (79.71%), Manganese: 0.97mg (48.61%), Phosphorus: 443.51mg (44.35%), Calcium: 403.76mg (40.38%), Vitamin B2: 0.49mg (28.68%), Folate: 112.18µg (28.05%), Iron: 4.41mg (24.49%), Vitamin B3: 4.58mg (22.89%), Zinc: 3.4mg (22.68%), Magnesium: 65.42mg (16.36%), Copper: 0.31mg (15.29%), Fiber: 3.67g (14.68%), Vitamin B12: 0.72µg (12%), Vitamin E: 1.66mg (11.07%), Vitamin B6: 0.2mg (10.04%), Potassium: 350.42mg (10.01%), Vitamin A: 462.34IU (9.25%), Vitamin B5: 0.73mg (7.32%), Vitamin D: 0.51µg (3.38%), Vitamin K: 1.27µg (1.21%)