



Green Chile Mac and Cheese

READY IN



65 min.

SERVINGS



4

CALORIES



804 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups elbow macaroni
- 4 servings salt
- 2 cups milk whole
- 3 Tbsp butter unsalted
- 3 Tbsp flour
- 0.3 pound monterrey jack cheese shredded packed finely (1 cup,)
- 0.3 pound sharp cheddar cheese shredded packed finely (1 cup,)
- 1 cup corn kernels frozen (is okay, if , defrost before using)
- 1.3 cups roasted diced green seeded chopped canned (4 ounce cans roasted chiles)

- 1 Tbsp juice of lime
- 1 teaspoon salt
- 0.3 cup breadcrumbs

Equipment

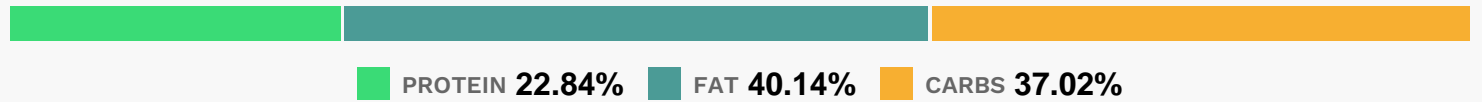
- oven
- whisk
- pot
- dutch oven
- colander

Directions

- Cook the macaroni very al dente: Bring a large pot of salted water to a boil (a tablespoon of salt for every 2 quarts of water).
- Add the macaroni pasta. Return to a rolling boil, and boil, uncovered, for about 2 minutes less than the cooking time given on the pasta box instructions.
- The pasta should be mostly cooked, but still a little too firm to eat; it will complete its cooking in the oven.
- When the pasta is ready, drain it into a colander and run cold water over it to stop the cooking.
- Preheat the oven to 400°F.
- Make a roux with butter and flour: In an ovenproof pot such as a casserole or Dutch oven, heat the butter over medium heat. When the butter is melted and bubbly, stir in the flour to make a roux. Cook this, stirring often, for about 2 minutes. You don't want the roux to brown.
- Slowly whisk in milk, then the cheeses:
- Add the milk to the roux, a little at a time, stirring constantly so that lumps do not form.
- Whisk until smooth.
- Stir in the cheeses third at a time, stirring to incorporate after each addition.
- Stir in pasta, chiles, corn, lime juice, salt:

- Add the macaroni, chiles, corn and lime juice and stir until well combined. Taste for salt, add a teaspoon, less or more, if needed.
- Top with panko and bake: Top the mac and cheese with panko or breadcrumbs.
- Bake uncovered for 25 to 30 minutes at 400°F, or until the breadcrumbs are lightly browned.
- Remove from oven and let cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:5.51, Inflammation Score:-7, Nutrition Score:28.225652197133%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 803.81kcal (40.19%), Fat: 35.75g (54.99%), Saturated Fat: 19.91g (124.41%), Carbohydrates: 74.19g (24.73%), Net Carbohydrates: 70.66g (25.69%), Sugar: 10.3g (11.44%), Cholesterol: 137.7mg (45.9%), Sodium: 1352.27mg (58.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.76g (91.52%), Selenium: 83.14µg (118.77%), Phosphorus: 716.74mg (71.67%), Calcium: 598.36mg (59.84%), Manganese: 0.81mg (40.41%), Vitamin B6: 0.8mg (40.08%), Vitamin B2: 0.68mg (39.99%), Vitamin B1: 0.6mg (39.83%), Vitamin B3: 6.81mg (34.03%), Zinc: 4.99mg (33.28%), Vitamin B12: 1.61µg (26.89%), Magnesium: 96.27mg (24.07%), Potassium: 740.88mg (21.17%), Vitamin A: 986.18IU (19.72%), Vitamin B5: 1.71mg (17.08%), Copper: 0.31mg (15.35%), Folate: 57.04µg (14.26%), Vitamin D: 2.14µg (14.25%), Fiber: 3.53g (14.12%), Iron: 2.27mg (12.6%), Vitamin E: 0.82mg (5.48%), Vitamin K: 3.06µg (2.91%), Vitamin C: 1.78mg (2.16%)