



 **83%**  
HEALTH SCORE

## Habanero Mad Mac

 Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



6914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon cayenne
- 8 ounces bowtie pasta cooked
- 3 tablespoons garlic minced
- 2 teaspoons sea salt
- 2 teaspoons granulated onion
- 0.5 teaspoon ground nutmeg
- 2 tablespoons habaneros fresh diced whole for garnish
- 4 cups half-and-half

- 4 cups heavy cream
- 1 cup cheddar jack cheese shredded
- 1 tablespoon habanero powder
- 1 teaspoon habanero powder
- 1 serving olive oil
- 2 tablespoons olive oil
- 1 cup parmesan shredded
- 3 tablespoons parmesan shredded
- 1 cup mozzarella cheese shredded
- 0.5 cup seasoned tortilla chips such as doritos
- 1 cup onion diced white

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender

## Directions

- Preheat the oven to 350 degrees F.
- Heat the olive oil in a saute pan over medium heat until the oil ripples.
- Add the habaneros and cook until they turn yellow. (To make the dish hotter, you can adjust the amount of diced habanero and/or habanero powder.)
- Add the Mac Sauce, Cheese
- Mix and habanero powder. Stir constantly until all the cheese is incorporated and the sauce thickens. Then add the bowtie pasta. Once everything is mixed together, portion the mac into a bowl. Top each dish with the Hell Fire Crunch.
- Sprinkle the Parmesan cheese on top.

- Place in the oven until the cheese starts to slightly brown, 4 to 5 minutes.
- Garnish with the whole habanero.
- Saute the onions in a little olive oil in a saucepan over medium heat for 3 minutes.
- Add the minced garlic and continue to saute until translucent.
- Add the cream, half-and-half granulated garlic, granulated onion, nutmeg and cayenne. Stir until the spices are incorporated.
- Let simmer for 30 to 45 minutes.
- Mix the cheeses together in a medium bowl until combined.
- In a blender, place the tortilla chips and habanero powder and pulse a few times until well blended.

## Nutrition Facts

**PROTEIN 9.83%**

**FAT 77.53%**

**CARBS 12.64%**

### Properties

Glycemic Index:455.5, Glycemic Load:41.96, Inflammation Score:-10, Nutrition Score:79.016522200211%

### Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 32.9mg, Quercetin: 32.9mg, Quercetin: 32.9mg, Quercetin: 32.9mg

### Nutrients (% of daily need)

Calories: 6913.55kcal (345.68%), Fat: 605.19g (931.06%), Saturated Fat: 350.53g (2190.8%), Carbohydrates: 222.08g (74.03%), Net Carbohydrates: 209.44g (76.16%), Sugar: 82.33g (91.47%), Cholesterol: 1694.24mg (564.75%), Sodium: 4344.53mg (188.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 172.58g (345.16%), Calcium: 4577.26mg (457.73%), Vitamin A: 20894.04IU (417.88%), Phosphorus: 3590.43mg (359.04%), Vitamin B2: 5.08mg (298.78%), Selenium: 205.35µg (293.36%), Vitamin E: 21.3mg (141.98%), Vitamin B12: 8.49µg (141.56%), Zinc: 19.64mg (130.96%), Vitamin C: 106mg (128.49%), Vitamin D: 16.93µg (112.89%), Vitamin B6: 2.14mg (106.81%), Magnesium: 401.14mg (100.28%), Potassium: 3278.05mg (93.66%), Vitamin K: 96.13µg (91.55%), Manganese: 1.67mg (83.35%), Vitamin B5: 7.82mg (78.19%), Vitamin B1: 0.92mg (61.63%), Fiber: 12.64g (50.57%), Iron: 8.88mg (49.34%), Folate: 178.64µg (44.66%), Copper: 0.83mg (41.31%), Vitamin B3: 4.62mg (23.12%)