



WHAT'SHEATE



Johnsonville Skillet Mac & Cheese & Kielbasa

READY IN



30 min.

SERVINGS



10

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 servings breadcrumbs toasted
- ☐ 1 teaspoon cornstarch
- ☐ 3 cups elbow macaroni uncooked
- ☐ 12 ounces evaporated milk canned
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 2 teaspoons hot sauce hot
- ☐ 13.5 ounces kielbasa cut into 1/4 -inch slices
- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 4 cups water

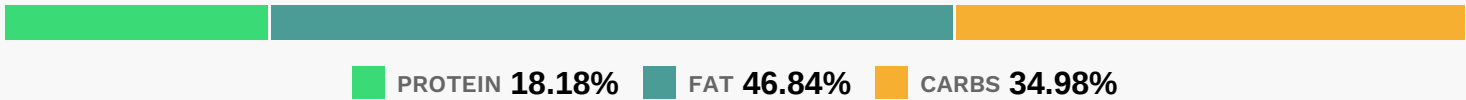
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a 12-inch nonstick skillet, brown sausage over medium-high heat for 3–5 minutes.
- ☐ Transfer to a plate and keep warm. In the same skillet, bring water to a boil.
- ☐ Add pasta, reduce heat, stir often until pasta is al dente, about 8–10 minutes. (Do not drain). In a small bowl, whisk cornstarch, milk and hot pepper sauce. Gradually add to pasta; cook and stir until slightly thickened, about 2 minutes.
- ☐ Remove from heat; add cheeses and sausage. Stir until blended and cheese melts.
- ☐ Sprinkle with crumbs if desired.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:14.944782702819%

Nutrients (% of daily need)

Calories: 501.22kcal (25.06%), Fat: 25.84g (39.75%), Saturated Fat: 12.25g (76.56%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 41.63g (15.14%), Sugar: 5.3g (5.89%), Cholesterol: 69.31mg (23.1%), Sodium: 688.54mg (29.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.13%), Selenium: 44.66µg (63.8%), Phosphorus: 370.78mg (37.08%), Calcium: 367.49mg (36.75%), Manganese: 0.5mg (25.09%), Vitamin B1: 0.35mg (23.41%), Vitamin B2: 0.37mg (22%), Zinc: 2.92mg (19.44%), Vitamin B3: 2.79mg (13.93%), Vitamin B12: 0.8µg (13.3%), Magnesium: 50.23mg (12.56%), Copper: 0.21mg (10.67%), Iron: 1.77mg (9.82%), Potassium: 334.76mg (9.56%), Vitamin B6: 0.19mg (9.36%), Vitamin A: 395.95IU (7.92%), Vitamin B5: 0.74mg (7.43%), Fiber: 1.8g (7.19%), Folate: 28.58µg (7.14%), Vitamin E: 0.31mg (2.06%), Vitamin C: 1.63mg (1.97%), Vitamin K: 1.75µg (1.67%), Vitamin D: 0.24µg (1.58%)