

Kicked Up Mac and Cheese

READY IN



70 min.

SERVINGS



8

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 tablespoons butter divided
- 2 teaspoons chili powder
- 0.3 cup bread crumbs dry
- 1 teaspoon mustard dry
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground pepper white
- 0.5 cup parmesan cheese grated
- 1.5 cups rotelle pasta
- 3 teaspoons pepper sauce hot

- 1 cup pepper jack cheese shredded
- 0.8 teaspoon salt
- 1.5 cups sharp cheddar cheese shredded
- 3 cups milk whole

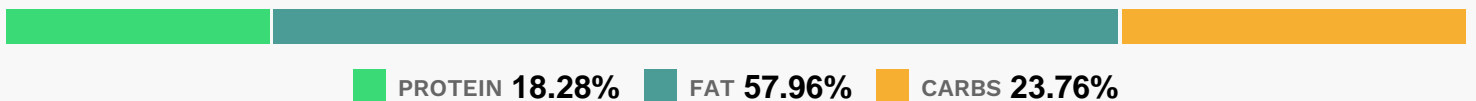
Equipment

- sauce pan
- oven
- whisk
- pot
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large saucepan over medium heat, melt 2 tablespoons butter.
- Whisk in flour and cook, stirring, 1 minute. A little at a time, whisk in milk, mustard, salt, pepper and hot sauce. Bring to a gentle boil, stirring constantly. Boil 1 minute, then remove from heat and whisk in pepperjack, Cheddar and Parmesan until smooth. Stir in cooked pasta and pour into shallow 2 quart baking dish.
- Melt remaining 2 tablespoons butter. Stir in bread crumbs and chili powder.
- Sprinkle over macaroni mixture.
- Bake in preheated oven 30 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:7.32, Inflammation Score:-6, Nutrition Score:11.405652030655%

Nutrients (% of daily need)

Calories: 347.48kcal (17.37%), Fat: 22.46g (34.55%), Saturated Fat: 13.14g (82.15%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 19.81g (7.2%), Sugar: 5.21g (5.79%), Cholesterol: 65.23mg (21.74%), Sodium: 712.06mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Calcium: 438.73mg (43.87%), Phosphorus: 330.33mg (33.03%), Selenium: 22.24µg (31.76%), Vitamin B2: 0.35mg (20.57%), Vitamin A: 848.9IU (16.98%), Vitamin B12: 0.95µg (15.8%), Zinc: 2.14mg (14.3%), Manganese: 0.21mg (10.25%), Vitamin B1: 0.15mg (9.98%), Magnesium: 33.46mg (8.37%), Vitamin D: 1.25µg (8.33%), Potassium: 230.16mg (6.58%), Vitamin B6: 0.12mg (6.2%), Vitamin B5: 0.58mg (5.85%), Folate: 22.21µg (5.55%), Iron: 0.85mg (4.7%), Vitamin B3: 0.92mg (4.61%), Vitamin E: 0.66mg (4.39%), Copper: 0.07mg (3.64%), Fiber: 0.91g (3.64%), Vitamin K: 2.63µg (2.51%), Vitamin C: 1.17mg (1.42%)