



WHATSheATE



Mac and Cheese with Buffalo Chicken

READY IN



45 min.

SERVINGS



12

CALORIES



758 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup flour
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 tablespoons butter divided (1 stick)
- ☐ 12 servings canola oil for deep-frying
- ☐ 1.5 tablespoons ground pepper
- ☐ 4 cups sharp cheddar cheese extra-sharp packed grated
- ☐ 1 pound chicken cutlets
- ☐ 4 cups cornflakes
- ☐ 3 large eggs beaten to blend

- ☐ 1 pound elbow macaroni
- ☐ 2 large garlic clove chopped
- ☐ 2 cups spring onion chopped (8 large)
- ☐ 1.5 tablespoons ground coriander
- ☐ 1.5 tablespoons ground cumin
- ☐ 3 cups onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 2 teaspoons paprika
- ☐ 1 cup hot sauce hot (preferably Frank's RedHot Original)
- ☐ 2 cups provolone cheese packed grated
- ☐ 1 teaspoon salt
- ☐ 4 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Whisk first 6 ingredients in deep medium bowl to blend.

- ☐ Place milk in second bowl, eggs in third bowl, and ground cornflakes in fourth bowl. Working with 4 chicken strips at a time, place in flour mixture and toss to coat. Dip same chicken strips into milk, then eggs, then cornflake crumbs, coating with each; arrange on sheet of foil.
- ☐ Pour oil into heavy medium saucepan to depth of 2 inches. Attach deep-fry thermometer to side of pan; heat oil to 335°F to 350°F. Working in batches, add coated chicken strips to hot oil and fry until golden and cooked through, turning occasionally, about 3 minutes. Using slotted spoon, transfer chicken strips to paper towels to drain.
- ☐ Cut strips into 1-inch-long pieces.
- ☐ Cook macaroni in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain; transfer to very large bowl.
- ☐ Mix in green onions and oregano.
- ☐ Melt 6 tablespoons butter in same large pot over medium heat.
- ☐ Add 3 cups chopped onions and garlic. Cover; sauté until onions are soft but not brown, stirring often, about 6 minutes.
- ☐ Add flour; stir 2 minutes. Gradually whisk in milk. Bring to boil, whisking constantly. Reduce heat and simmer sauce 2 minutes.
- ☐ Add all cheeses, paprika, 1 teaspoon salt, and 1 teaspoon pepper.
- ☐ Whisk until cheeses melt and sauce is smooth, about 2 minutes.
- ☐ Remove from heat. Season to taste with more salt and pepper, if desired.
- ☐ Mix cheese sauce into macaroni.
- ☐ Mix in chicken pieces. Mound mixture in 13x9x2-inch glass baking dish. DO AHEAD Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 350°F. Stir hot pepper sauce and remaining 2 tablespoons butter in small saucepan over medium heat until butter melts; spoon 4 tablespoons over macaroni in dish.
- ☐ Bake macaroni uncovered until heated through, about 30 minutes, or 45 minutes if made ahead.
- ☐ Serve, passing remaining butter and hot-sauce mixture separately.

Nutrition Facts



 **PROTEIN 17.92%**  **FAT 54.5%**  **CARBS 27.58%**

Properties

Glycemic Index:32.92, Glycemic Load:5.93, Inflammation Score:-9, Nutrition Score:31.133478164673%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 758.37kcal (37.92%), Fat: 46.28g (71.19%), Saturated Fat: 19.16g (119.73%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 48.83g (17.76%), Sugar: 8.61g (9.57%), Cholesterol: 153.36mg (51.12%), Sodium: 1358.09mg (59.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.23g (68.45%), Selenium: 58.55µg (83.64%), Calcium: 603.95mg (60.4%), Phosphorus: 588.14mg (58.81%), Vitamin K: 53.85µg (51.28%), Vitamin B2: 0.7mg (41.01%), Vitamin B6: 0.75mg (37.5%), Vitamin A: 1829.82IU (36.6%), Vitamin B3: 7.08mg (35.4%), Manganese: 0.63mg (31.53%), Vitamin B12: 1.83µg (30.48%), Iron: 5.44mg (30.25%), Vitamin C: 24.31mg (29.47%), Vitamin E: 3.89mg (25.9%), Zinc: 3.76mg (25.06%), Vitamin B1: 0.34mg (22.47%), Folate: 89.82µg (22.45%), Magnesium: 79.77mg (19.94%), Potassium: 635.73mg (18.16%), Vitamin B5: 1.62mg (16.16%), Fiber: 3.87g (15.46%), Vitamin D: 1.85µg (12.36%), Copper: 0.23mg (11.74%)