



## Mac and Cheese with Buffalo Chicken

READY IN



45 min.

SERVINGS



12

CALORIES



871 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup flour
- 2.3 cups 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
- 1.5 tablespoons paprika
- 2 teaspoons paprika
- 1 cup hot sauce hot (preferably Frank's RedHot Original)
- 2 cups provolone cheese packed grated
- 1 teaspoon salt
- 1.5 tablespoons salt
- 2 cups milk whole
- 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 335F to 350F. 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; saut 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 350F. 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 17.41% FAT 49.26% CARBS 33.33%

## Properties

Glycemic Index:43.58, Glycemic Load:19.62, Inflammation Score:-10, Nutrition Score:36.491304356119%

## 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: 870.55kcal (43.53%), Fat: 47.92g (73.72%), Saturated Fat: 19.97g (124.8%), Carbohydrates: 72.95g (24.32%), Net Carbohydrates: 68.15g (24.78%), Sugar: 10.72g (11.92%), Cholesterol: 158.24mg (52.75%), Sodium: 2246.66mg (97.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.21%), Selenium: 67.32µg (96.17%), Calcium: 660.03mg (66%), Phosphorus: 657.27mg (65.73%), Vitamin K: 54.74µg (52.13%), Vitamin B2: 0.88mg (51.76%), Vitamin A: 2326.67IU (46.53%), Vitamin B3: 8.59mg (42.97%), Manganese: 0.81mg (40.41%), Vitamin B6: 0.8mg (40.19%), Iron: 6.72mg (37.36%), Vitamin B1: 0.55mg (36.45%), Vitamin B12: 2.05µg (34.14%), Folate: 133.14µg (33.28%), Vitamin C: 24.32mg (29.48%), Vitamin E: 4.17mg (27.83%), Zinc: 4.13mg (27.53%), Magnesium: 91.39mg (22.85%), Potassium: 741.94mg (21.2%), Fiber: 4.8g (19.21%), Vitamin B5: 1.89mg (18.93%), Vitamin D: 2.3µg (15.35%), Copper: 0.28mg (13.8%)