



Mac and Texas Cheeses With Roasted Chiles

READY IN



22 min.

SERVINGS



8

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 1 pound elbow macaroni uncooked
- 0.5 cup flour all-purpose
- 4 ounce goat cheese crumbled
- 0.3 cup seasoned bread crumbs
- 1 cup milk
- 12 ounces monterrey jack cheese shredded divided
- 2 ounces parmesan shredded
- 4 poblano pepper

- 1 teaspoon salt
- 2 cups whipping cream

Equipment

- baking sheet
- oven
- whisk
- baking pan
- aluminum foil
- ziploc bags
- dutch oven

Directions

- Broil chile peppers on an aluminum foil-lined baking sheet 5 inches from heat about 5 minutes on each side or until chiles look blistered.
- Place chiles in a zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel chiles; remove and discard seeds, and cut chiles into strips. Set aside.
- Prepare macaroni according to package directions; drain and set aside.
- Melt butter in a Dutch oven over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in cream and milk; cook over medium heat, whisking constantly, 5 minutes or until mixture is thickened and bubbly.
- Stir in 2 3/4 cups Monterey Jack cheese, crumbled goat cheese, and salt until smooth. Stir in roasted chiles and macaroni.
- Spoon mixture into a lightly greased 13- x 9-inch baking dish. Top evenly with Italian-seasoned breadcrumbs and Parmesan cheese.
- Bake at 375 for 40 minutes.
- Remove from oven, and sprinkle evenly with remaining 1/4 cup Monterey Jack cheese.
- Broil 5 inches from heat about 3 to 5 minutes or until cheese is golden and bubbly.

Nutrition Facts



■ PROTEIN 13.55% ■ FAT 58.37% ■ CARBS 28.08%

Properties

Glycemic Index:28.38, Glycemic Load:5.17, Inflammation Score:-9, Nutrition Score:23.113913079967%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 811.2kcal (40.56%), Fat: 52.9g (81.39%), Saturated Fat: 33.15g (207.2%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 54.05g (19.65%), Sugar: 6.79g (7.54%), Cholesterol: 150.62mg (50.21%), Sodium: 885.86mg (38.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.26%), Selenium: 50.07µg (71.53%), Vitamin C: 48.3mg (58.54%), Calcium: 527.21mg (52.72%), Phosphorus: 477.14mg (47.71%), Vitamin A: 2034.78IU (40.7%), Manganese: 0.71mg (35.28%), Vitamin B2: 0.51mg (29.81%), Zinc: 2.87mg (19.12%), Copper: 0.35mg (17.51%), Vitamin B6: 0.34mg (16.95%), Magnesium: 64.43mg (16.11%), Vitamin B1: 0.23mg (15.4%), Fiber: 3.22g (12.88%), Vitamin B12: 0.76µg (12.7%), Iron: 2.18mg (12.14%), Folate: 47.57µg (11.89%), Potassium: 397.98mg (11.37%), Vitamin D: 1.63µg (10.9%), Vitamin B3: 2.14mg (10.69%), Vitamin K: 10.64µg (10.13%), Vitamin E: 1.34mg (8.94%), Vitamin B5: 0.86mg (8.6%)