



Mac 'n' Cheese with Chipotles

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 2 chipotle chiles in adobo sauce canned seeded drained chopped
- ☐ 8 cups pasta hot cooked uncooked (5 cups pasta)
- ☐ 1 tablespoon dijon mustard
- ☐ 4 cups milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup green onions chopped
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 1 ounce parmesan cheese fresh divided grated

- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 ounce bread white

Equipment

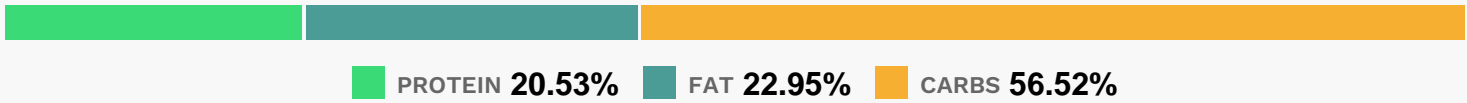
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Place bread in a food processor, pulse until coarse crumbs form to measure 1/2 cup; set aside.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Place flour in a large saucepan. Gradually add milk, stirring constantly with a whisk. Bring to a boil; reduce heat, and simmer mixture for 2 minutes or until thick.
- ☐ Remove from heat; stir in 2 tablespoons Parmesan and the next 5 ingredients (2 tablespoons Parmesan through chipotle chiles), stirring until cheese melts.
- ☐ Combine cheese sauce, pasta, onions, and tomatoes in a bowl.
- ☐ Spoon the mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine 2 tablespoons remaining Parmesan and breadcrumbs; sprinkle over pasta mixture. Cover and bake at 375 for 10 minutes. Uncover and bake for an additional 10 minutes or until mixture is bubbly.
- ☐ Note: To make ahead, assemble casserole as directed, but stop before adding breadcrumb topping. Cover and refrigerate overnight.

Let stand 30 minutes at room temperature; sprinkle with breadcrumb topping, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:51.82, Glycemic Load:23.63, Inflammation Score:-6, Nutrition Score:16.199565099633%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 370.97kcal (18.55%), Fat: 9.43g (14.5%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 52.24g (17.41%), Net Carbohydrates: 48.61g (17.68%), Sugar: 9.14g (10.16%), Cholesterol: 26.57mg (8.86%), Sodium: 474.19mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.97g (37.94%), Selenium: 42.78µg (61.12%), Calcium: 391.05mg (39.1%), Phosphorus: 345.51mg (34.55%), Manganese: 0.52mg (26.22%), Vitamin B2: 0.34mg (20.28%), Vitamin B12: 0.96µg (16.04%), Vitamin K: 15.44µg (14.71%), Iron: 2.64mg (14.68%), Zinc: 2.18mg (14.54%), Fiber: 3.63g (14.51%), Magnesium: 54.49mg (13.62%), Vitamin B1: 0.19mg (12.74%), Vitamin A: 614.17IU (12.28%), Potassium: 409.83mg (11.71%), Copper: 0.21mg (10.57%), Vitamin B6: 0.21mg (10.55%), Vitamin D: 1.49µg (9.95%), Folate: 37.38µg (9.34%), Vitamin B5: 0.81mg (8.09%), Vitamin B3: 1.59mg (7.95%), Vitamin C: 4.44mg (5.39%), Vitamin E: 0.7mg (4.65%)