



## Mexican Mac and Cheese

READY IN



30 min.

SERVINGS



8

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 14 oz enchilada sauce red old el paso® canned
- ☐ 14 oz savory vegetable green frozen giant®
- ☐ 10 oz enchilada sauce green old el paso® canned
- ☐ 1 lb rotini pasta uncooked
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.8 cup cream sour
- ☐ 3 taco shells crushed old el paso®

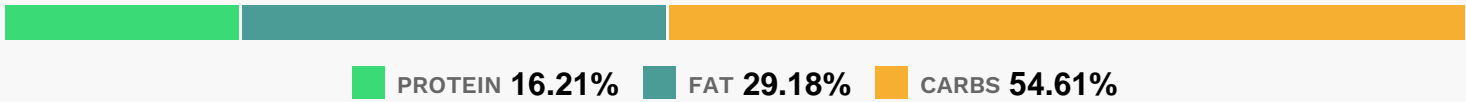
## Equipment

☐ frying pan

## Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 10-inch nonstick skillet, heat both boxes frozen vegetables and both cans enchilada sauce to simmering over medium heat, cooking until vegetables are heated through.
- ☐ Remove from heat. Immediately stir in sour cream, cheese and cooked pasta. Sauce will thicken as it cools.
- ☐ Top with crushed taco shells.

## Nutrition Facts



## Properties

Glycemic Index:19.38, Glycemic Load:20.87, Inflammation Score:-9, Nutrition Score:15.787391172803%

## Nutrients (% of daily need)

Calories: 441.73kcal (22.09%), Fat: 14.36g (22.09%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 60.45g (20.15%), Net Carbohydrates: 54.91g (19.97%), Sugar: 8.34g (9.26%), Cholesterol: 39.65mg (13.22%), Sodium: 957.44mg (41.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.89%), Vitamin A: 3408.48IU (68.17%), Selenium: 41.3µg (59%), Manganese: 0.68mg (33.76%), Phosphorus: 287.48mg (28.75%), Calcium: 237.41mg (23.74%), Fiber: 5.55g (22.18%), Magnesium: 54.94mg (13.73%), Zinc: 2.02mg (13.46%), Vitamin B2: 0.21mg (12.13%), Copper: 0.23mg (11.3%), Iron: 1.97mg (10.97%), Vitamin B1: 0.13mg (8.81%), Vitamin B3: 1.72mg (8.61%), Vitamin C: 7.05mg (8.55%), Potassium: 293.06mg (8.37%), Folate: 32.68µg (8.17%), Vitamin B6: 0.16mg (8.17%), Vitamin B12: 0.39µg (6.57%), Vitamin B5: 0.47mg (4.68%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.48µg (1.41%)