



Mexican Macaroni

READY IN



45 min.

SERVINGS



6

CALORIES



560 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4.5 ounce chilis green chopped canned
- 14.5 ounce canned tomatoes mexican-style undrained chopped canned
- 8 ounce cream sour
- 10.8 ounce cream of mushroom soup undiluted canned
- 8 ounce .5 oz. macaroni uncooked
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- 4 ounces monterrey jack cheese shredded
- 4 ounces cheddar cheese shredded

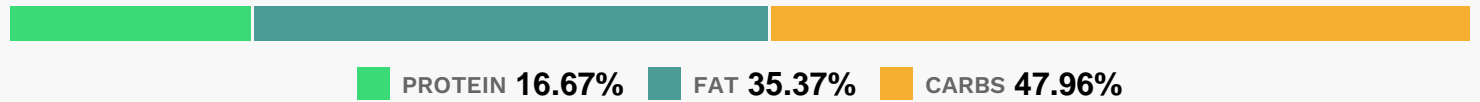
Equipment

- oven
- baking pan

Directions

- Cook macaroni according to package directions; drain.
- Combine macaroni, tomatoes, and next 3 ingredients; stir in half of cheeses.
- Pour into a lightly greased 2-quart baking dish; top with remaining cheeses.
- Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:19.563043459602%

Nutrients (% of daily need)

Calories: 560.29kcal (28.01%), Fat: 22.1g (33.99%), Saturated Fat: 11.91g (74.43%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 63.22g (22.99%), Sugar: 6.48g (7.2%), Cholesterol: 60.56mg (20.19%), Sodium: 788.22mg (34.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.43g (46.86%), Selenium: 57.74µg (82.49%), Manganese: 0.98mg (48.96%), Phosphorus: 381.08mg (38.11%), Calcium: 361.65mg (36.16%), Copper: 0.46mg (23.23%), Zinc: 3.21mg (21.43%), Vitamin B2: 0.34mg (19.91%), Magnesium: 72.16mg (18.04%), Vitamin C: 13.91mg (16.87%), Fiber: 4.18g (16.74%), Potassium: 534.46mg (15.27%), Iron: 2.7mg (15.03%), Vitamin B6: 0.3mg (14.97%), Vitamin A: 744.29IU (14.89%), Vitamin B3: 2.78mg (13.88%), Folate: 47.19µg (11.8%), Vitamin B1: 0.15mg (9.84%), Vitamin B5: 0.88mg (8.75%), Vitamin B12: 0.52µg (8.63%), Vitamin E: 1.27mg (8.49%), Vitamin K: 5.2µg (4.95%), Vitamin D: 0.23µg (1.51%)