



Nacho Macaroni and Cheese

READY IN



35 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 teaspoons all purpose flour
- ☐ 1 cup corn chips
- ☐ 2 cups elbow macaroni
- ☐ 1 cup cilantro leaves fresh packed ()
- ☐ 0.3 teaspoon ground cloves (scant)
- ☐ 0.8 cup heavy whipping cream
- ☐ 0.5 cup bottled and chunky salsa verde thick (medium heat)
- ☐ 1 cup milk whole

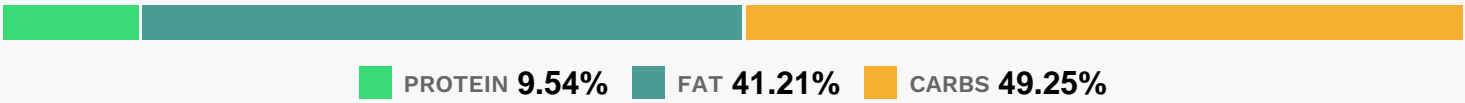
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 425°F. Cook macaroni in large saucepan of boiling salted water until tender but still firm to bite, stirring occasionally, about 6 minutes.
- ☐ Drain.
- ☐ Meanwhile, blend salsa and cilantro in processor. Toss 2 cups cheese and flour in medium bowl to coat.
- ☐ Bring milk, cream, and cloves to simmer in large saucepan over medium-high heat.
- ☐ Add cheese mixture.
- ☐ Whisk until sauce is smooth, about 1 minute.
- ☐ Mix in macaroni; season with pepper.
- ☐ Spread half of macaroni mixture in 11 x 7-inch baking dish. Drop half of salsa mixture over in dollops.
- ☐ Sprinkle with 1/2 cup cheese. Top with remaining macaroni mixture and salsa mixture.
- ☐ Sprinkle chips over. Top with 1/2 cup cheese.
- ☐ Bake until heated through, about 10 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:7.6973912819572%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 294.21kcal (14.71%), Fat: 13.48g (20.74%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 34.59g (12.58%), Sugar: 3.99g (4.43%), Cholesterol: 28.87mg (9.62%), Sodium: 178.93mg (7.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Selenium: 24.57µg (35.09%), Manganese: 0.42mg (21.15%), Phosphorus: 133.34mg (13.33%), Vitamin A: 600.74IU (12.01%), Magnesium: 32.59mg (8.15%), Calcium: 76.66mg (7.67%), Vitamin K: 7.83µg (7.45%), Vitamin E: 1.11mg (7.4%), Vitamin B2: 0.12mg (7.17%), Fiber: 1.66g (6.66%), Copper: 0.12mg (6.06%), Potassium: 201.64mg (5.76%), Zinc: 0.83mg (5.55%), Vitamin B6: 0.1mg (4.91%), Vitamin D: 0.69µg (4.62%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.82mg (4.08%), Vitamin B5: 0.4mg (4%), Iron: 0.7mg (3.88%), Vitamin B12: 0.2µg (3.34%), Folate: 11.16µg (2.79%), Vitamin C: 1.21mg (1.47%)