



Pimiento Mac and Cheese

READY IN



65 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon ground ancho chiles
- ☐ 1.3 cups coarsely cheddar cheese extra-sharp packed grated ()
- ☐ 2 garlic cloves divided halved
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup parmesan cheese divided freshly grated
- ☐ 0.8 cup mild peppadew peppers in brine drained
- ☐ 7 ounce bell pepper red seeded cut into 1-inch pieces
- ☐ 8 ounces shell pasta
- ☐ 1 cup coarsely whole-milk mozzarella packed grated ()

☐ 3 tablespoons butter unsalted divided room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring 1/2 cup water, bell pepper, and 1 1/2 garlic cloves to boil in small saucepan. Cover; reduce heat to medium-low. Simmer until pepper is soft, about 15 minutes.
- ☐ Toast panko in skillet over medium-high heat until golden, stirring often, 5 to 6 minutes.
- ☐ Transfer to bowl; cool to lukewarm. Rub 1 tablespoon butter into crumbs to coat.
- ☐ Mix in 1/4 cup Parmesan.
- ☐ Transfer bell pepper mixture to processor.
- ☐ Add Peppadews and 1 tablespoon brine, 2 tablespoons butter, ground chiles, and 1/2 garlic clove; then add cheddar and 1/4 cup Parmesan. Blend until sauce is smooth; season to taste with salt and pepper.
- ☐ Preheat oven to 400°F. Butter 8-cup baking dish (or 6 individual dishes). Cook pasta in pot of boiling salted water until tender but still firm to bite.
- ☐ Drain; return to pot. Stir sauce and mozzarella into pasta. Season with salt and pepper. Spoon pasta into dish.
- ☐ Sprinkle with crumb topping.
- ☐ Bake pasta until topping is crisp and sauce is bubbling, about 25 minutes (15 for individual).
- ☐ Let stand 10 minutes.

Nutrition Facts



 PROTEIN **21.03%**  FAT **39.91%**  CARBS **39.06%**

Properties

Glycemic Index:23.5, Glycemic Load:12.07, Inflammation Score:-8, Nutrition Score:17.800869604816%

Flavonoids

Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 382.34kcal (19.12%), Fat: 17g (26.15%), Saturated Fat: 9.61g (60.03%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 34.56g (12.57%), Sugar: 3.62g (4.02%), Cholesterol: 49.23mg (16.41%), Sodium: 481.6mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Vitamin C: 57.69mg (69.92%), Selenium: 38.54µg (55.06%), Calcium: 445.94mg (44.59%), Phosphorus: 379.75mg (37.98%), Vitamin A: 1732.45IU (34.65%), Manganese: 0.48mg (24.02%), Zinc: 2.7mg (17.97%), Vitamin B2: 0.27mg (15.95%), Vitamin B6: 0.25mg (12.5%), Fiber: 2.86g (11.46%), Magnesium: 44.07mg (11.02%), Vitamin B12: 0.56µg (9.41%), Folate: 36.9µg (9.23%), Vitamin B1: 0.13mg (8.41%), Copper: 0.16mg (8.1%), Potassium: 259.43mg (7.41%), Vitamin B3: 1.46mg (7.28%), Vitamin E: 1.05mg (7.01%), Iron: 1.1mg (6.13%), Vitamin K: 5.1µg (4.86%), Vitamin B5: 0.45mg (4.54%), Vitamin D: 0.29µg (1.92%)