



WHATSheATE



Poblano Mac and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup breadcrumbs fresh
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 4 servings grapefruit
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.4 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated

- ☐ 1 cup milk 1% low-fat divided
- ☐ 2 teaspoons olive oil
- ☐ 8 ounces penne pasta uncooked
- ☐ 4 ounces poblano chiles
- ☐ 5 ounces queso quesadilla cheese shredded
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1 cup vegetable stock unsalted

Equipment

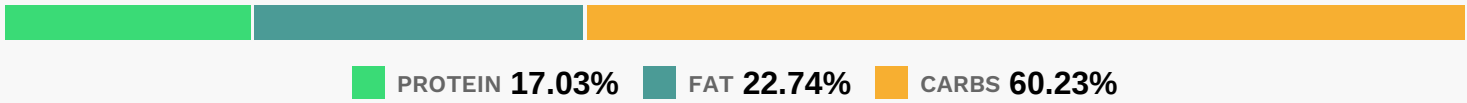
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, cut chiles in half lengthwise; discard seeds and membranes.
- ☐ Place chile halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 6 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 5 minutes. Peel and cut into bite-sized pieces.
- ☐ Combine breadcrumbs, oil, rind, and red pepper in a bowl.
- ☐ Place 3/4 cup milk, stock, flour, and garlic in a saucepan, stirring with a whisk. Bring to a boil; cook 3 minutes or until thick, stirring frequently.

Remove from heat. Stir in chiles, 1/4 cup milk, cheese, and next 4 ingredients until smooth. Stir in pasta. Spoon mixture into an 8-inch square broiler-safe glass or ceramic baking dish coated with cooking spray. Top with breadcrumb mixture. Broil 1 minute or until browned.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:24.26, Inflammation Score:-9, Nutrition Score:21.494782592939%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 50.3mg, Naringenin: 50.3mg, Naringenin: 50.3mg, Naringenin: 50.3mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 511.6kcal (25.58%), Fat: 13.1g (20.16%), Saturated Fat: 6.64g (41.52%), Carbohydrates: 78.06g (26.02%), Net Carbohydrates: 72.63g (26.41%), Sugar: 16.97g (18.85%), Cholesterol: 42.16mg (14.05%), Sodium: 744.67mg (32.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.16%), Vitamin C: 73.05mg (88.55%), Selenium: 42.47µg (60.67%), Vitamin A: 2249.12IU (44.98%), Calcium: 416.6mg (41.66%), Manganese: 0.75mg (37.57%), Phosphorus: 240.24mg (24.02%), Fiber: 5.43g (21.73%), Vitamin B1: 0.31mg (20.66%), Vitamin B2: 0.26mg (15.47%), Potassium: 539.41mg (15.41%), Magnesium: 61.56mg (15.39%), Vitamin B6: 0.31mg (15.34%), Folate: 56.91µg (14.23%), Copper: 0.28mg (13.79%), Vitamin B3: 2.46mg (12.28%), Vitamin B5: 0.99mg (9.87%), Zinc: 1.47mg (9.82%), Iron: 1.73mg (9.6%), Vitamin B12: 0.43µg (7.24%), Vitamin K: 7.24µg (6.89%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.65µg (4.33%)