



Quick Chili Mac and “Cheese”

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup dairy-free chicken stock gluten-free
- ☐ 2.5 cups dairy-free cheese substitute shredded good divided (Daiya is a soy-free option)
- ☐ 12 ounces elbow pasta) other short pasta dried gluten-free uncooked
- ☐ 1.5 cups regular corn frozen
- ☐ 3 pork sausages hot
- ☐ 2 teaspoons dairy-free taco spice blend

Equipment

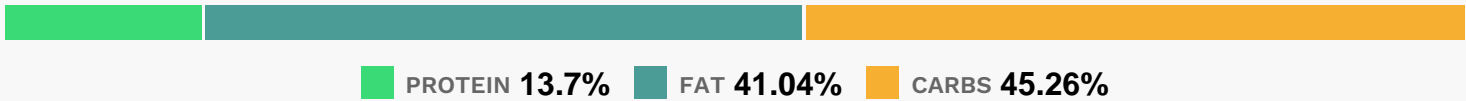
- ☐ paper towels

- ☐ sauce pan
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Lightly oil a deep ovenproof dish (7-1/2×11-inch, 9×13-inch, or 9-inch round).Cook pasta in salted water for half the time specified on package. Pasta should be undercooked (slightly opaque but not brittle).
- ☐ Drain and transfer to prepared baking dish.While pasta is cooking, remove sausage from its casing and crumble into a well-oiled saucepan. Sauté meat until brown.
- ☐ Add corn, stirring to combine.Using a wooden spoon, gently fold meat mixture into pasta.
- ☐ Heat chicken stock in the saucepan until hot but not boiling.
- ☐ Add the spice blend and stir well.
- ☐ Remove from heat and add 2 cups cheese substitute. Stir until smooth and pour over pasta. Gently toss to coat.Top mixture with remaining cheese substitute. Cover dish with moist paper towel and microwave on medium-high for 5 minutes or until bubbly. Enjoy.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:14.389130447222%

Nutrients (% of daily need)

Calories: 591.09kcal (29.55%), Fat: 26.7g (41.08%), Saturated Fat: 8.64g (54.02%), Carbohydrates: 66.24g (22.08%), Net Carbohydrates: 60.94g (22.16%), Sugar: 2.21g (2.46%), Cholesterol: 41.88mg (13.96%), Sodium: 889.08mg (38.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Selenium: 37.12µg (53.03%), Manganese: 0.67mg (33.5%), Vitamin B3: 5.02mg (25.11%), Phosphorus: 232.56mg (23.26%), Fiber: 5.3g (21.2%), Vitamin B6: 0.37mg (18.44%), Vitamin B1: 0.27mg (17.72%), Iron: 2.94mg (16.33%), Zinc: 2.41mg (16.1%), Magnesium: 57.2mg (14.3%), Potassium: 450.54mg (12.87%), Copper: 0.25mg (12.71%), Vitamin B2: 0.18mg (10.7%), Vitamin K: 10.58µg (10.07%), Folate: 33.16µg (8.29%), Vitamin B12: 0.48µg (8%), Calcium: 79.4mg (7.94%), Vitamin B5: 0.76mg (7.59%), Vitamin D: 0.73µg (4.9%), Vitamin C: 3.48mg (4.22%), Vitamin E: 0.48mg (3.21%), Vitamin A:

73.17IU (1.46%)