



Skillet Mac and Cheese & Kielbasa

READY IN



30 min.

SERVINGS



6

CALORIES



770 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 3 cups elbow macaroni uncooked
- ☐ 12 ounce evaporated milk canned
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 2 teaspoons pepper sauce hot
- ☐ 13.5 ounce johnsonville polish kielbasa sausage cut into 1/4-inch slices
- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 4 cups water

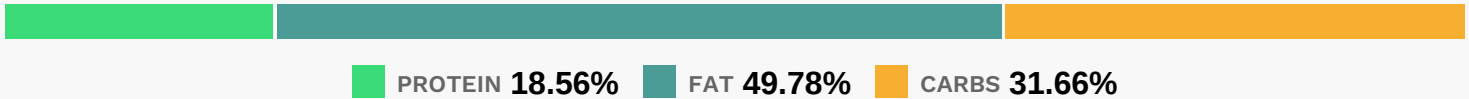
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a 12-inch nonstick skillet, brown sausage over medium-high heat for 3–5 minutes.
- ☐ Transfer to a plate and keep warm.
- ☐ In the same skillet, bring water to a boil.
- ☐ Add pasta, reduce heat, stir often until pasta is al dente, about 8–10 minutes. (Do not drain).
- ☐ In a small bowl, whisk cornstarch, milk and hot pepper sauce. Gradually add to pasta; cook and stir until slightly thickened, about 2 minutes.
- ☐ Remove from heat; add cheese and sausage. Stir until blended and cheese melts.
- ☐ Sprinkle with crumbs if desired.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:22.194347879161%

Nutrients (% of daily need)

Calories: 769.53kcal (38.48%), Fat: 42.18g (64.89%), Saturated Fat: 20.22g (126.35%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 58.13g (21.14%), Sugar: 7.8g (8.66%), Cholesterol: 115.52mg (38.51%), Sodium: 1025.57mg (44.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.38g (70.76%), Selenium: 70.23µg (100.33%), Phosphorus: 590.47mg (59.05%), Calcium: 581.98mg (58.2%), Manganese: 0.68mg (34.16%), Vitamin B2: 0.56mg (32.72%), Zinc: 4.62mg (30.8%), Vitamin B1: 0.42mg (28.27%), Vitamin B12: 1.27µg (21.19%), Magnesium: 76.55mg (19.14%), Vitamin B3: 3.54mg (17.68%), Copper: 0.31mg (15.65%), Potassium: 525.26mg (15.01%), Vitamin B6: 0.29mg (14.6%), Vitamin A: 659.92IU (13.2%), Iron: 2.14mg (11.89%), Vitamin B5: 1.15mg (11.47%), Fiber: 2.25g (8.99%), Folate: 29.79µg (7.45%), Vitamin E: 0.5mg (3.34%), Vitamin C: 2.71mg (3.29%), Vitamin D: 0.4µg (2.64%),

Vitamin K: 1.82µg (1.73%)