



Slow-Cooker Mexi Mac and Cheese

READY IN



155 min.

SERVINGS



10

CALORIES



791 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz chilis green drained chopped canned
- 16 oz elbow macaroni
- 24 oz evaporated milk canned
- 1 lb ground round
- 2 jalapeno thinly sliced
- 30 oz mild cheddar cheese
- 8 oz pepper jack cheese shredded
- 2.5 oz taco seasoning
- 1 cup water

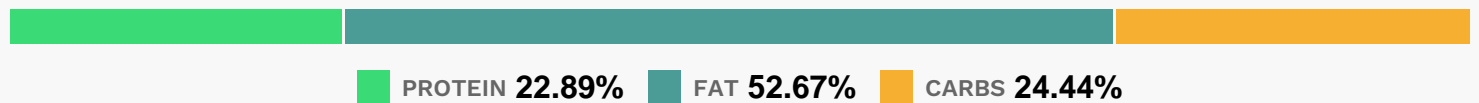
Equipment

- bowl
- frying pan
- aluminum foil
- slow cooker

Directions

- Spray bottom of 6-quart slow cooker with cooking spray. Line side of slow cooker with foil; spray foil with cooking spray. Cook and drain macaroni as directed on package, using minimum cook time.
- Meanwhile, in 12-inch nonstick skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain.
- Add taco seasoning mix and water; simmer 2 to 3 minutes or until most of liquid is absorbed.
- In large bowl, mix cheese sauce, milk and green chiles. Stir in macaroni and beef mixture. Spoon into slow cooker.
- Cover; cook on Low heat setting 2 hours. Stir; sprinkle with cheese. Cover; let stand 15 minutes or until cheese is melted.
- Garnish with jalapeos.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:28.053478551948%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 791.05kcal (39.55%), Fat: 46.23g (71.13%), Saturated Fat: 25.76g (161.01%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 44.98g (16.36%), Sugar: 9.88g (10.98%), Cholesterol: 154.45mg (51.48%), Sodium:

1471.44mg (63.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.2g (90.4%), Calcium: 973.26mg (97.33%), Selenium: 65.21µg (93.15%), Phosphorus: 801.06mg (80.11%), Zinc: 7.17mg (47.78%), Vitamin B2: 0.79mg (46.24%), Vitamin A: 1916.41IU (38.33%), Vitamin B12: 2.2µg (36.68%), Manganese: 0.44mg (21.91%), Magnesium: 80.21mg (20.05%), Vitamin C: 16.53mg (20.03%), Vitamin B6: 0.38mg (19.24%), Vitamin B3: 3.46mg (17.32%), Potassium: 572.55mg (16.36%), Iron: 2.86mg (15.88%), Vitamin B5: 1.33mg (13.29%), Folate: 52.81µg (13.2%), Fiber: 3.3g (13.18%), Copper: 0.22mg (10.75%), Vitamin B1: 0.12mg (8.24%), Vitamin E: 1.1mg (7.34%), Vitamin D: 0.76µg (5.07%), Vitamin K: 3.94µg (3.75%)