



South-of-the-Border Mac and Cheese

READY IN



145 min.

SERVINGS



4

CALORIES



610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces processed cheese food cut into cubes
- 2 teaspoons chili powder
- 12 fluid ounce evaporated milk canned
- 4 ounce chile peppers diced green drained canned
- 5 green onions sliced
- 2.5 cups rotini pasta
- 4 ounces sharp cheddar cheese shredded
- 2 tomatoes seeded chopped

Equipment

- pot
- slow cooker

Directions

- Bring a large pot of lightly salted water to a boil. Cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain.
- Combine the rotini pasta, evaporated milk, American cheese, Cheddar cheese, canned green chiles, and chili powder in a slow cooker.
- Cook on High, stirring twice, for 2 hours.
- Stir tomatoes and green onions through the pasta mixture.
- Continue cooking until the tomatoes are hot, 5 to 10 minutes.

Nutrition Facts

PROTEIN 18.89% **FAT 51.79%** **CARBS 29.32%**

Properties

Glycemic Index:41.5, Glycemic Load:12.87, Inflammation Score:-9, Nutrition Score:26.062608480453%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 609.55kcal (30.48%), Fat: 35.31g (54.32%), Saturated Fat: 19.91g (124.45%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 41.83g (15.21%), Sugar: 13.32g (14.8%), Cholesterol: 110.77mg (36.92%), Sodium: 1363.55mg (59.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Calcium: 1062.8mg (106.28%), Phosphorus: 770.67mg (77.07%), Selenium: 45.6µg (65.14%), Vitamin A: 2025.95IU (40.52%), Vitamin K: 39.69µg (37.8%), Vitamin B2: 0.6mg (35.42%), Vitamin C: 22.63mg (27.43%), Zinc: 3.9mg (25.97%), Manganese: 0.49mg (24.32%), Vitamin B12: 1.29µg (21.55%), Potassium: 687.78mg (19.65%), Magnesium: 75.95mg (18.99%), Folate: 58.75µg (14.69%), Vitamin B6: 0.26mg (13.05%), Fiber: 3.16g (12.63%), Vitamin B5: 1.17mg (11.72%), Iron: 2mg (11.09%), Vitamin E: 1.65mg (10.97%), Copper: 0.22mg (10.84%), Vitamin B1: 0.13mg (8.57%), Vitamin B3: 1.61mg (8.03%), Vitamin D: 0.6µg (3.99%)