



Southwest Chicken Mac and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



1054 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 10 oz canned tomatoes diced green drained canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 0.3 teaspoon ground pepper red
- 2.5 cups milk 2%
- 16 oz rotini pasta
- 0.5 teaspoon salt

10 oz block sharp cheddar cheese shredded 2%

Equipment

sauce pan

whisk

Directions

Prepare pasta according to package directions.

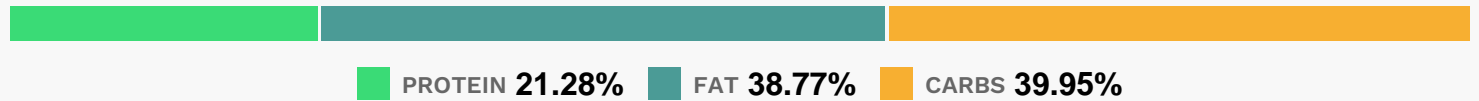
Meanwhile, melt butter in a large saucepan over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk and next 3 ingredients; cook, whisking constantly, 8 to 10 minutes or until thickened.

Remove from heat.

Gradually stir in Cheddar cheese, stirring until cheese is melted and sauce is smooth. Stir in chicken, tomatoes and green chiles, and hot cooked pasta.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:40.29, Inflammation Score:-8, Nutrition Score:33.424782898115%

Nutrients (% of daily need)

Calories: 1054.07kcal (52.7%), Fat: 45.17g (69.5%), Saturated Fat: 24.38g (152.38%), Carbohydrates: 104.76g (34.92%), Net Carbohydrates: 99.53g (36.19%), Sugar: 13.89g (15.43%), Cholesterol: 165.68mg (55.23%), Sodium: 1067.86mg (46.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.8g (111.59%), Selenium: 115.88µg (165.55%), Phosphorus: 844.3mg (84.43%), Calcium: 739.4mg (73.94%), Manganese: 1.27mg (63.33%), Vitamin B2: 0.84mg (49.29%), Vitamin B3: 8.96mg (44.81%), Zinc: 6.24mg (41.58%), Vitamin B6: 0.67mg (33.39%), Magnesium: 126.61mg (31.65%), Vitamin B12: 1.76µg (29.34%), Vitamin A: 1448.24IU (28.96%), Copper: 0.54mg (27.1%), Potassium: 897.37mg (25.64%), Vitamin B1: 0.34mg (22.64%), Vitamin B5: 2.23mg (22.35%), Iron: 3.77mg (20.93%), Fiber: 5.23g (20.91%), Folate: 70.28µg (17.57%), Vitamin E: 1.96mg (13.05%), Vitamin C: 6.91mg (8.38%), Vitamin K: 6.98µg (6.65%), Vitamin D: 0.43µg (2.83%)