



 **72%**  
HEALTH SCORE

## Southwest Mac and Cheese

 Very Healthy

READY IN



22 min.

SERVINGS



1

CALORIES



1672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.8 ounces corn cream-style canned
- 8 ounces pasta uncooked
- 1 loaf cheese cubed (8 oz. box)
- 1.5 cups milk
- 1 cup salsa (any variety)
- 11 ounces corn whole with red and green peppers canned

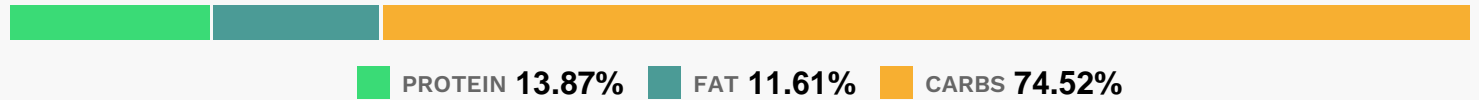
### Equipment

- frying pan

## Directions

- Mix all ingredients except cheese in 12-inch nonstick skillet.
- Heat to boiling, stirring occasionally; reduce heat.
- Cover and simmer 10 to 14 minutes, stirring frequently, until macaroni is tender. Stir in cheese until melted.

## Nutrition Facts



## Properties

Glycemic Index:107, Glycemic Load:74.58, Inflammation Score:-10, Nutrition Score:54.441303916599%

## Nutrients (% of daily need)

Calories: 1672.33kcal (83.62%), Fat: 22.19g (34.13%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 320.28g (106.76%), Net Carbohydrates: 303.32g (110.3%), Sugar: 47.08g (52.31%), Cholesterol: 44.92mg (14.97%), Sodium: 3464.52mg (150.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.63g (119.26%), Selenium: 154.58µg (220.84%), Manganese: 2.85mg (142.36%), Phosphorus: 1227.2mg (122.72%), Folate: 321.68µg (80.42%), Magnesium: 308.78mg (77.2%), Potassium: 2648.39mg (75.67%), Vitamin B3: 13.6mg (68%), Fiber: 16.96g (67.82%), Vitamin B6: 1.27mg (63.35%), Calcium: 596.46mg (59.65%), Vitamin B2: 1mg (58.66%), Copper: 1.14mg (57.13%), Zinc: 8.34mg (55.63%), Vitamin A: 2160.38IU (43.21%), Vitamin B1: 0.65mg (43.17%), Vitamin B5: 3.62mg (36.25%), Iron: 6.32mg (35.09%), Vitamin C: 27.39mg (33.19%), Vitamin B12: 1.99µg (33.12%), Vitamin D: 4.03µg (26.88%), Vitamin E: 3.9mg (26.03%), Vitamin K: 12.27µg (11.68%)