



 **72%**
HEALTH SCORE

Southwest Mac and Cheese

 Very Healthy

READY IN



22 min.

SERVINGS



3

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

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:35.67, Glycemic Load:24.86, Inflammation Score:-7, Nutrition Score:20.840869644414%

Nutrients (% of daily need)

Calories: 557.44kcal (27.87%), Fat: 7.4g (11.38%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 106.76g (35.59%), Net Carbohydrates: 101.11g (36.77%), Sugar: 15.69g (17.44%), Cholesterol: 14.97mg (4.99%), Sodium: 1154.84mg (50.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.75%), Selenium: 51.53µg (73.61%), Manganese: 0.95mg (47.45%), Phosphorus: 409.07mg (40.91%), Folate: 107.23µg (26.81%), Magnesium: 102.93mg (25.73%), Potassium: 882.8mg (25.22%), Vitamin B3: 4.53mg (22.67%), Fiber: 5.65g (22.61%), Vitamin B6: 0.42mg (21.12%), Calcium: 198.82mg (19.88%), Vitamin B2: 0.33mg (19.55%), Copper: 0.38mg (19.04%), Zinc: 2.78mg (18.54%), Vitamin A: 720.13IU (14.4%), Vitamin B1: 0.22mg (14.39%), Vitamin B5: 1.21mg (12.08%), Iron: 2.11mg (11.7%), Vitamin C: 9.13mg (11.06%), Vitamin B12: 0.66µg (11.04%), Vitamin D: 1.34µg (8.96%), Vitamin E: 1.3mg (8.68%), Vitamin K: 4.09µg (3.89%)