



Spicy Tomato Macaroni and Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 8 ounce cheese mexican-style cubed prepared
- ☐ 8 ounces penne pasta uncooked
- ☐ 8 ounce cream sour
- ☐ 0.5 medium onion sweet chopped

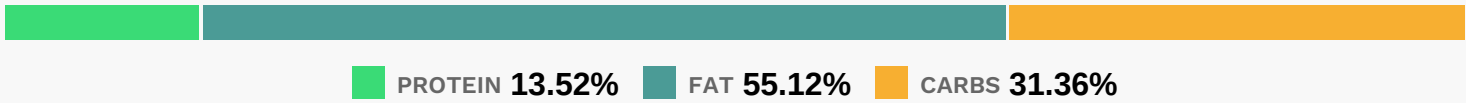
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, draining well.
- ☐ Melt butter in a large skillet over medium heat; add onion, and saut 3 to 5 minutes or until tender.
- ☐ Add cheese, and cook, stirring constantly, 5 minutes or until cheese melts. Stir in sour cream, blending well. Stir in tomatoes and green chiles and pasta; cook, stirring constantly, 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:12.56, Inflammation Score:-7, Nutrition Score:13.36130431424%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 461.25kcal (23.06%), Fat: 28.52g (43.88%), Saturated Fat: 12.78g (79.86%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 34.15g (12.42%), Sugar: 5.89g (6.54%), Cholesterol: 60.1mg (20.03%), Sodium: 414.96mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Selenium: 36.41µg (52.01%), Calcium: 337.78mg (33.78%), Phosphorus: 298.03mg (29.8%), Manganese: 0.46mg (23.1%), Vitamin A: 1054.43IU (21.09%), Vitamin B2: 0.29mg (16.85%), Zinc: 2.21mg (14.72%), Magnesium: 46.24mg (11.56%), Copper: 0.23mg (11.52%), Vitamin B6: 0.2mg (10.14%), Potassium: 335.88mg (9.6%), Fiber: 2.36g (9.42%), Vitamin E: 1.36mg (9.05%), Vitamin B12: 0.49µg (8.16%), Folate: 29.59µg (7.4%), Vitamin C: 6.03mg (7.31%), Iron: 1.26mg (7.02%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 1.31mg (6.57%), Vitamin B5: 0.61mg (6.12%), Vitamin K: 4.1µg (3.9%), Vitamin D: 0.23µg (1.51%)