

# Mexican Mac and Cheese Cups

Yield: 6 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/twisted-mexican-chicken-pasta-recipe>

## Ingredients:

- 2 boneless skinless chicken breasts cooked and shredded
- 2 cups noodles dry whole wheat elbow
- 1/2 cup red onion chopped
- 1/2 cup green pepper chopped
- 1/2 cup red pepper chopped
- 1/2 cup corn frozen is fine, just thaw and dry
- 3 garlic cloves minced
- 1 tablespoon olive oil
- 1/2 tablespoon cumin
- 1 teaspoon chili powder
- 1 pinch cayenne pepper
- 1 tablespoon butter
- 1 tablespoon flour
- 2 cups milk
- 1 cup Monterey Jack cheese grated
- 1 1/2 cups sharp cheddar cheese grated
- 1/4 cup grated Parmesan cheese
- 1/4 cup panko bread crumbs
- pepper
- salt
- fresh cilantro for garnish, optional

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 115 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 34 grams

7. SaturatedFat: 14 grams
  8. Sodium: 630 milligrams
  9. Sugar: 8 grams
- 

Thank you for visiting our website. Hope you enjoy Mexican Mac and Cheese Cups above. You can see more 18 twisted mexican chicken pasta recipe You must try them! to get more great cooking ideas.