



14K Mac 'N Cheese

READY IN



14 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- 0.5 cup carrots pureed cooked
- 7.3 oz macaroni & cheese dinner kraft
- 2 Tbsp parmesan cheese grated kraft

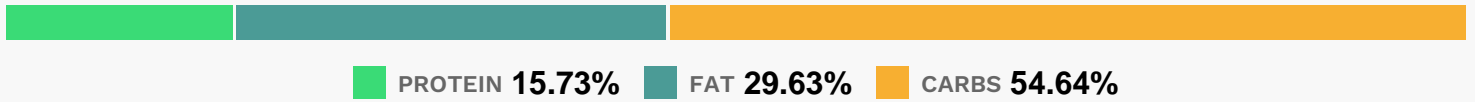
Equipment

Directions

- Prepare Dinner as directed on package.
- Stir in carrots.

Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:15.85, Inflammation Score:-9, Nutrition Score:5.8304347000692%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 188.71kcal (9.44%), Fat: 6.22g (9.57%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 25.37g (9.23%), Sugar: 0.76g (0.84%), Cholesterol: 2.17mg (0.73%), Sodium: 448.39mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin A: 2694.58IU (53.89%), Phosphorus: 222.36mg (22.24%), Manganese: 0.27mg (13.33%), Calcium: 101.89mg (10.19%), Iron: 1.12mg (6.24%), Zinc: 0.81mg (5.43%), Magnesium: 20.27mg (5.07%), Potassium: 157.03mg (4.49%), Vitamin K: 2.15µg (2.05%), Fiber: 0.45g (1.79%), Selenium: 0.89µg (1.27%), Vitamin B6: 0.02mg (1.21%), Vitamin C: 0.94mg (1.14%), Vitamin B2: 0.02mg (1.05%)