



All-in-One Veggie Mac and Cheese

READY IN



20 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 Tbsp butter
- 3 cups vegetables mixed frozen (broccoli, carrots, cauliflower)
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 cup milk
- 1.5 cups water

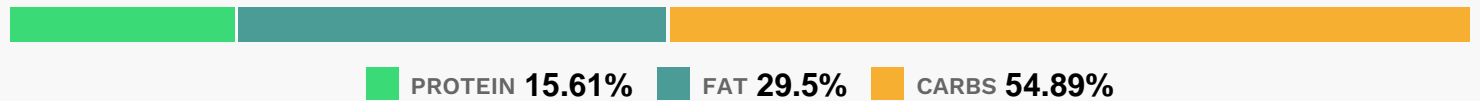
Equipment

- sauce pan

Directions

- Bring water and milk just to boil in large saucepan on medium heat.
- Add Macaroni; stir. Simmer on low heat 8 min. or until macaroni is tender.
- Stir in vegetables; cover. Simmer 5 min. or until most the liquid is absorbed and vegetables are heated through, stirring occasionally.
- Add Cheese Sauce and butter; stir until butter is melted and sauce is well blended.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:24.35, Inflammation Score:-10, Nutrition Score:12.936956546877%

Nutrients (% of daily need)

Calories: 320.55kcal (16.03%), Fat: 10.75g (16.54%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 41.37g (15.05%), Sugar: 1.96g (2.17%), Cholesterol: 9.97mg (3.32%), Sodium: 583.1mg (25.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.61%), Vitamin A: 4746IU (94.92%), Phosphorus: 353.97mg (35.4%), Manganese: 0.53mg (26.73%), Calcium: 171.03mg (17.1%), Fiber: 3.64g (14.56%), Magnesium: 49.85mg (12.46%), Iron: 2.23mg (12.41%), Vitamin C: 9.46mg (11.47%), Potassium: 384.8mg (10.99%), Zinc: 1.44mg (9.63%), Vitamin B1: 0.13mg (8.93%), Vitamin B2: 0.13mg (7.9%), Folate: 26.46µg (6.62%), Vitamin B3: 1.18mg (5.92%), Vitamin B6: 0.11mg (5.61%), Copper: 0.09mg (4.73%), Vitamin B12: 0.22µg (3.73%), Vitamin B5: 0.3mg (3.03%), Vitamin D: 0.45µg (2.98%), Selenium: 1.16µg (1.66%)