



## Bacon Dog Mac & Cheese

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 7.3 oz macaroni & cheese dinner kraft
- 1 Tbsp heinz mustard yellow
- 1 Tbsp claussen pickle relish sweet
- 4 oscar mayer wieners light sliced

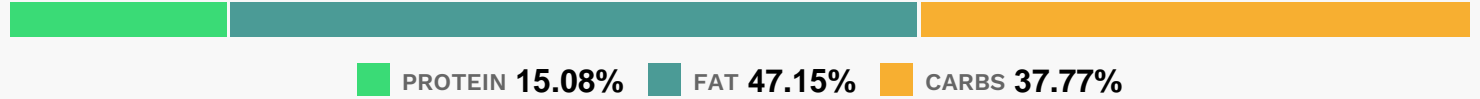
### Equipment

- sauce pan

## Directions

- Prepare Dinner in large saucepan as directed on package, using the Light Prep directions and adding wieners to the Macaroni cooking water for the last 2 min.
- Add remaining ingredients; mix well.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:17.67, Inflammation Score:-2, Nutrition Score:7.3756521548266%

## Nutrients (% of daily need)

Calories: 358.74kcal (17.94%), Fat: 18.85g (29.01%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 33.78g (12.28%), Sugar: 1.14g (1.27%), Cholesterol: 31.14mg (10.38%), Sodium: 882.29mg (38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.13%), Phosphorus: 273.79mg (27.38%), Selenium: 16.52µg (23.6%), Manganese: 0.3mg (15.07%), Iron: 2.29mg (12.7%), Zinc: 1.8mg (12.01%), Vitamin B3: 2.37mg (11.84%), Vitamin B1: 0.16mg (10.71%), Calcium: 88.61mg (8.86%), Vitamin B2: 0.14mg (8.42%), Magnesium: 27.29mg (6.82%), Potassium: 206.16mg (5.89%), Folate: 22.35µg (5.59%), Vitamin B12: 0.32µg (5.28%), Vitamin B6: 0.07mg (3.48%), Vitamin B5: 0.34mg (3.37%), Vitamin K: 3.2µg (3.05%), Copper: 0.05mg (2.4%), Vitamin A: 54.44IU (1.09%)