



Baked Macaroni & Cheese with Chiles

READY IN



40 min.

SERVINGS



40

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs
- 14.5 oz macaroni & cheese dinner kraft
- 0.5 cup milk
- 3 poblano chiles peeled seeded chopped
- 1 cup mozzarella cheese shredded kraft
- 2 medium tomatoes chopped

Equipment

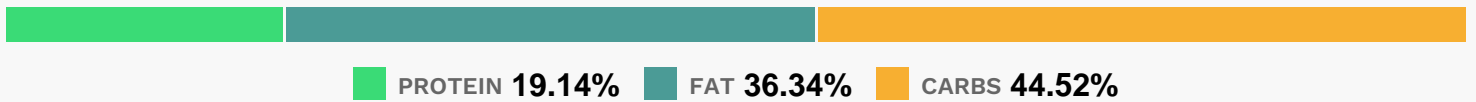
- bowl

- sauce pan
- oven
- whisk
- casserole dish

Directions

- Preheat oven to 350F. Prepare Dinners in large saucepan as directed on package. Beat eggs and milk in large bowl with wire whisk until well blended.
- Add tomatoes and chiles; mix well.
- Add prepared Dinners; mix lightly.
- Spoon into greased 1-1/2-quart casserole dish; sprinkle with mozzarella cheese.
- Bake 25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:3.23, Inflammation Score:-1, Nutrition Score:1.9526087071585%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 50.59kcal (2.53%), Fat: 2.06g (3.16%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.44g (1.98%), Sugar: 0.56g (0.62%), Cholesterol: 10.76mg (3.59%), Sodium: 101.13mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin C: 8.02mg (9.72%), Phosphorus: 60.79mg (6.08%), Calcium: 35.53mg (3.55%), Manganese: 0.07mg (3.39%), Vitamin A: 120IU (2.4%), Zinc: 0.28mg (1.86%), Selenium: 1.21µg (1.73%), Potassium: 60.18mg (1.72%), Iron: 0.31mg (1.72%), Vitamin B12: 0.1µg (1.66%), Vitamin B6: 0.03mg (1.58%), Magnesium: 6.25mg (1.56%), Vitamin B2: 0.03mg (1.52%), Vitamin K: 1.23µg (1.17%)