



Cheesy Mac with Snow Peas & Tomatoes

READY IN



15 min.

SERVINGS



15

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp green onions sliced
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 7.3 oz macaroni & cheese dinner kraft
- 0.3 cup butter
- 0.3 cup milk
- 1 cup snow peas sliced
- 1 tomatoes chopped

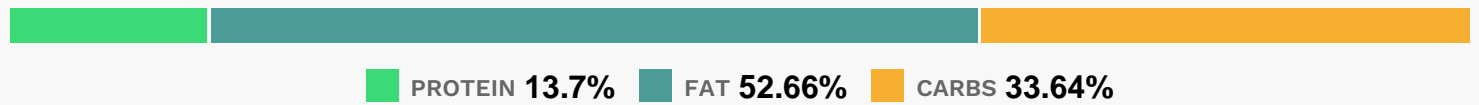
Equipment

sauce pan

Directions

- Cook Macaroni in large saucepan as directed on package, adding snow peas to the boiling water for the last 2 min.; drain. Return macaroni mixture to saucepan.
- Add margarine, milk and Cheese Sauce
- Mix; mix well.
- Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:4.25, Inflammation Score:-3, Nutrition Score:2.3582608725714%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 89.24kcal (4.46%), Fat: 5.26g (8.1%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.28g (2.65%), Sugar: 0.72g (0.8%), Cholesterol: 2.88mg (0.96%), Sodium: 166.03mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Phosphorus: 81.42mg (8.14%), Vitamin C: 5.13mg (6.21%), Vitamin A: 303.19IU (6.06%), Calcium: 59.12mg (5.91%), Manganese: 0.09mg (4.54%), Vitamin K: 3.18µg (3.03%), Iron: 0.46mg (2.53%), Zinc: 0.33mg (2.21%), Magnesium: 8.67mg (2.17%), Potassium: 71.42mg (2.04%), Vitamin B2: 0.03mg (1.5%), Vitamin E: 0.2mg (1.31%), Folate: 4.6µg (1.15%), Vitamin B6: 0.02mg (1.13%), Fiber: 0.28g (1.11%), Vitamin B1: 0.02mg (1.09%)