



Cheesy Macaroni and Veggies

READY IN



15 min.

SERVINGS



6

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups carrots chopped
- 0.5 cup milk fat-free
- 14.5 oz macaroni & cheese dinner kraft
- 1 cup peas
- 2 Tbsp vegetable oil spread

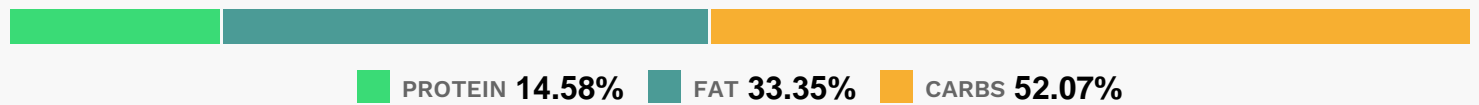
Equipment

- sauce pan

Directions

- Cook Macaroni as directed on pkg., adding carrots and peas to the cooking water for the last 5 min. of the macaroni cooking time.
- Drain macaroni; return to saucepan.
- Add milk, spread and contents of both Cheese Sauce
- Mix packets; mix well.
- Cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:22.74, Inflammation Score:-10, Nutrition Score:12.162174033082%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 302.02kcal (15.1%), Fat: 11.26g (17.32%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 37.28g (13.56%), Sugar: 3.92g (4.35%), Cholesterol: 0.61mg (0.2%), Sodium: 600.46mg (26.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin A: 5739.37IU (114.79%), Phosphorus: 328.1mg (32.81%), Manganese: 0.47mg (23.37%), Calcium: 144.29mg (14.43%), Vitamin C: 11.56mg (14.02%), Iron: 1.87mg (10.39%), Vitamin K: 10.22µg (9.73%), Potassium: 332.39mg (9.5%), Magnesium: 37.7mg (9.42%), Fiber: 2.27g (9.09%), Zinc: 1.36mg (9.06%), Vitamin B1: 0.1mg (6.49%), Folate: 22.24µg (5.56%), Vitamin B6: 0.1mg (4.86%), Vitamin B2: 0.08mg (4.64%), Vitamin B3: 0.84mg (4.22%), Copper: 0.06mg (2.87%), Vitamin E: 0.39mg (2.58%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.19mg (1.89%), Vitamin D: 0.22µg (1.5%), Selenium: 0.88µg (1.25%)