



Double-Cheese and Veggie Macaroni

READY IN



25 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 1 large tomatoes chopped
- 2 small zucchini chopped

Equipment

- frying pan
- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package. Meanwhile, heat dressing in large skillet on medium heat.
- Add zucchini; cook 5 min. or until crisp-tender, stirring occasionally.
- Add zucchini and tomatoes to Dinner; mix well.
- Top with cheddar.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:30.38, Inflammation Score:-6, Nutrition Score:11.295217330041%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 442.51kcal (22.13%), Fat: 18.77g (28.87%), Saturated Fat: 3.21g (20.05%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 50.89g (18.5%), Sugar: 4.3g (4.78%), Cholesterol: 14.13mg (4.71%), Sodium: 1005.27mg (43.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.19%), Phosphorus: 488.2mg (48.82%), Manganese: 0.63mg (31.43%), Calcium: 259.64mg (25.96%), Vitamin C: 16.85mg (20.43%), Vitamin K: 14.7µg (14%), Zinc: 2.08mg (13.9%), Potassium: 480.51mg (13.73%), Iron: 2.46mg (13.64%), Magnesium: 53.91mg (13.48%), Vitamin A: 643.84IU (12.88%), Vitamin B6: 0.15mg (7.59%), Vitamin B2: 0.13mg (7.44%), Selenium: 4.41µg (6.3%), Folate: 23.95µg (5.99%), Vitamin E: 0.74mg (4.96%), Fiber: 1.14g (4.54%), Vitamin B1: 0.05mg (3.36%), Copper: 0.07mg (3.28%), Vitamin B3: 0.56mg (2.81%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.22mg (2.19%)