



## Easy Add-In Macaroni and Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 round buttery crackers
- 10.8 ounce cream of mushroom soup canned
- 7.3 ounce deluxe four-cheese macaroni and cheese dinner uncooked
- 0.5 cup butter
- 1 cup cheddar cheese shredded
- 3 tablespoons cream sour

### Equipment

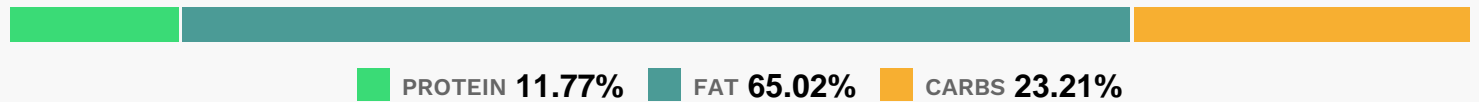
- oven

casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook the macaroni according to directions on the box.
- Remove from heat, drain, and add soup, 1/4 cup of the margarine, sour cream, shredded cheese, and the cheese packet from the box. Do not use milk as directed on the box.
- Pour in a small casserole dish and top with crumbled crackers. Melt the remaining margarine and pour over the crackers.
- Bake in a preheated oven for 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:10.35, Inflammation Score:-6, Nutrition Score:7.2056521663199%

## Nutrients (% of daily need)

Calories: 399.65kcal (19.98%), Fat: 29.06g (44.71%), Saturated Fat: 8.32g (51.98%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 23.1g (8.4%), Sugar: 0.76g (0.84%), Cholesterol: 24.91mg (8.3%), Sodium: 978.85mg (42.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.67%), Phosphorus: 260.22mg (26.02%), Calcium: 205.83mg (20.58%), Vitamin A: 902.74IU (18.05%), Manganese: 0.35mg (17.42%), Zinc: 1.75mg (11.68%), Vitamin B2: 0.15mg (8.62%), Selenium: 5.83µg (8.33%), Iron: 1.37mg (7.6%), Vitamin E: 0.96mg (6.4%), Copper: 0.12mg (5.82%), Magnesium: 22.59mg (5.65%), Vitamin B12: 0.31µg (5.21%), Potassium: 168.57mg (4.82%), Vitamin B3: 0.77mg (3.85%), Vitamin K: 3.54µg (3.37%), Folate: 12.38µg (3.09%), Vitamin B1: 0.05mg (3.02%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.04mg (2.05%)