



Easy Buffalo Mac and Cheese

READY IN



20 min.

SERVINGS



3

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

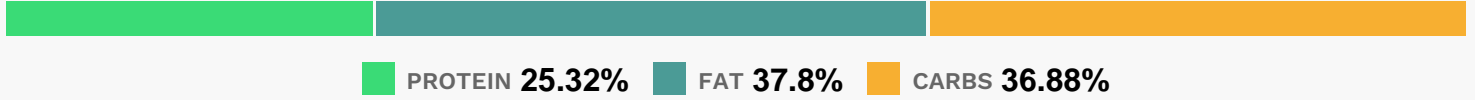
- 2 tablespoons cheese blue crumbled
- 0.3 cup sauce of the chicken from the turbo broiler
- 1 cup roasted chicken cubed cooked
- 7 oz deluxe four-cheese macaroni and cheese dinner betty crocker®
- 3 servings milk for on mac & cheese box

Equipment

Directions

- Make mac & cheese as directed on box.
- Stir in chicken and wing sauce. Cook about 1 minute or until hot.
- Sprinkle with blue cheese.
- Garnish with celery.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:24.11, Inflammation Score:-5, Nutrition Score:15.242608617181%

Nutrients (% of daily need)

Calories: 461.74kcal (23.09%), Fat: 19.3g (29.69%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 42.37g (15.41%), Sugar: 11.76g (13.07%), Cholesterol: 67.78mg (22.59%), Sodium: 1301.29mg (56.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.09g (58.19%), Phosphorus: 612.74mg (61.27%), Calcium: 426.28mg (42.63%), Vitamin B12: 1.51µg (25.16%), Vitamin B2: 0.42mg (24.89%), Selenium: 16.79µg (23.99%), Vitamin B3: 3.98mg (19.91%), Vitamin D: 2.71µg (18.05%), Zinc: 2.69mg (17.96%), Potassium: 615.13mg (17.58%), Vitamin B6: 0.35mg (17.4%), Manganese: 0.33mg (16.45%), Magnesium: 62.64mg (15.66%), Vitamin B5: 1.44mg (14.44%), Vitamin B1: 0.17mg (11.13%), Iron: 1.95mg (10.82%), Vitamin A: 450.02IU (9%), Copper: 0.03mg (1.55%)