



Easy Mac 'n' Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- 4 buttery round crackers crushed
- 1 cup macaroni
- 0.5 cup process cheese sauce
- 1 pinch oregano dried
- 1 teaspoon parmesan cheese grated

Equipment

- oven
- pot

baking pan

microwave

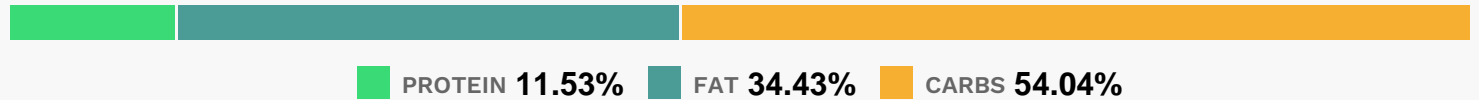
Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat cheese sauce in microwave, 1 minute. In 8 x 8 inch baking dish, combine cooked pasta, cheese sauce, sliced frankfurters, Parmesan and oregano. Top with crumbled crackers and bake 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.7256522130059%

Nutrients (% of daily need)

Calories: 175.37kcal (8.77%), Fat: 6.73g (10.36%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 22.86g (8.31%), Sugar: 2.13g (2.37%), Cholesterol: 3.73mg (1.24%), Sodium: 292.4mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Selenium: 17.16µg (24.51%), Manganese: 0.26mg (12.96%), Phosphorus: 65.65mg (6.57%), Calcium: 42.54mg (4.25%), Copper: 0.08mg (4.01%), Magnesium: 14.98mg (3.75%), Fiber: 0.92g (3.68%), Vitamin A: 169.6IU (3.39%), Vitamin B3: 0.59mg (2.97%), Zinc: 0.44mg (2.95%), Iron: 0.49mg (2.72%), Vitamin B1: 0.04mg (2.48%), Vitamin B6: 0.04mg (2.02%), Potassium: 64.69mg (1.85%), Folate: 7.02µg (1.75%), Vitamin B2: 0.03mg (1.65%), Vitamin K: 1.7µg (1.62%), Vitamin B5: 0.13mg (1.28%)