



Easy Mac 'N Cheese with Bacon and Peas

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 cup peas frozen

Equipment

- oven

Directions

- Heat oven to 375F.
- Prepare Dinner as directed on package. Stir in peas.
- Spoon into 1-1/2-qt. casserole sprayed with cooking spray; top with bacon.
- Bake 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:3.55, Inflammation Score:-1, Nutrition Score:1.114347834464%

Nutrients (% of daily need)

Calories: 49.09kcal (2.45%), Fat: 1.98g (3.04%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.68g (2.06%), Sugar: 0.23g (0.26%), Cholesterol: 1.24mg (0.41%), Sodium: 99.55mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Phosphorus: 51.53mg (5.15%), Manganese: 0.07mg (3.52%), Vitamin C: 1.66mg (2.01%), Calcium: 17.57mg (1.76%), Iron: 0.3mg (1.69%), Zinc: 0.22mg (1.47%), Magnesium: 5.45mg (1.36%), Vitamin B1: 0.02mg (1.08%), Potassium: 36.18mg (1.03%)