



Fiesta Macaroni Salad

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 stalks celery chopped
- 2 chipotle peppers in adobo sauce canned chopped
- 4 green onions sliced
- 6 oz oscar mayer baked ham cooked chopped
- 2 juice of lime
- 14.5 oz macaroni & cheese dinner kraft
- 1 cup real mayo mayonnaise kraft
- 1 large bell pepper red chopped

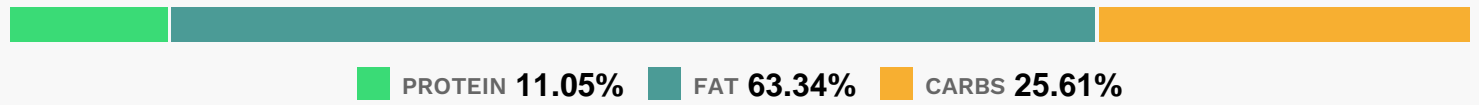
Equipment

bowl

Directions

- Prepare Dinners as directed on package, using the Light Prep directions.
- Spoon into large bowl; cool slightly.
- Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:6.33, Inflammation Score:-3, Nutrition Score:4.457391280195%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 170.69kcal (8.53%), Fat: 12.03g (18.52%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 10.49g (3.81%), Sugar: 0.67g (0.74%), Cholesterol: 9.98mg (3.33%), Sodium: 333.5mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin K: 24.82µg (23.63%), Vitamin C: 11.97mg (14.51%), Phosphorus: 105.32mg (10.53%), Vitamin A: 307.48IU (6.15%), Manganese: 0.12mg (5.81%), Vitamin B1: 0.06mg (3.97%), Vitamin E: 0.56mg (3.72%), Iron: 0.64mg (3.56%), Calcium: 35.62mg (3.56%), Zinc: 0.52mg (3.46%), Selenium: 2.23µg (3.19%), Vitamin B6: 0.06mg (3.13%), Potassium: 104.89mg (3%), Magnesium: 10.86mg (2.72%), Vitamin B3: 0.49mg (2.45%), Folate: 7.86µg (1.97%), Vitamin B2: 0.03mg (1.91%), Fiber: 0.46g (1.84%), Vitamin B12: 0.07µg (1.13%)