



## Home-Baked Macaroni & Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup mozza-cheddar cheese shredded divided kraft
- ☐ 1 tablespoon non-hydrogenated margarine melted
- ☐ 400 g deluxe original cheddar pasta and sauce kraft
- ☐ 2 cups peas frozen cooked
- ☐ 6 less fat ritz crackers 30% crushed
- ☐ 0.5 cup cup heavy whipping cream light sour

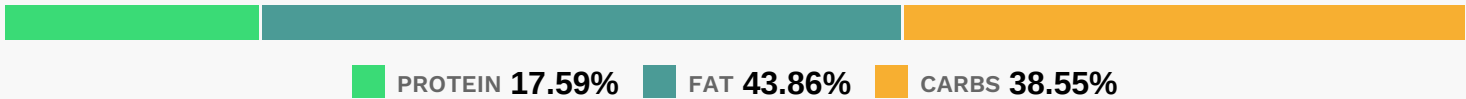
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Prepare Dinner as directed on package. Stir in 1/4 cup shredded cheese, sour cream and pepper.
- ☐ Spoon into greased 1-1/2-L baking dish; top with remaining shredded cheese, then combined cracker crumbs and margarine.
- ☐ Bake 20 minutes
- ☐ Let stand 5 minutes before serving.
- ☐ Serve with peas.

## Nutrition Facts



## Properties

Glycemic Index:37.08, Glycemic Load:4.61, Inflammation Score:-8, Nutrition Score:14.914782534475%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 211.53kcal (10.58%), Fat: 10.65g (16.38%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 15.29g (5.56%), Sugar: 8.26g (9.17%), Cholesterol: 21.12mg (7.04%), Sodium: 662mg (28.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.22%), Vitamin C: 36.36mg (44.07%), Vitamin A: 1353.77IU (27.08%), Fiber: 5.77g (23.08%), Vitamin K: 23.6µg (22.47%), Manganese: 0.44mg (21.76%), Phosphorus: 188.73mg (18.87%), Vitamin B1: 0.25mg (16.88%), Folate: 63.67µg (15.92%), Potassium: 554.83mg (15.85%), Calcium: 151.53mg (15.15%), Vitamin B2: 0.25mg (14.66%), Vitamin B3: 2.77mg (13.86%), Vitamin E: 1.95mg (13%), Iron: 2.32mg (12.88%), Copper: 0.25mg (12.74%), Vitamin B6: 0.24mg (11.88%), Magnesium: 45.75mg (11.44%), Zinc: 1.7mg (11.35%), Selenium: 5.39µg (7.71%), Vitamin B12: 0.44µg (7.39%), Vitamin B5: 0.42mg (4.24%)