



Hot Dog Macaroni Bake

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 28 ounce deluxe four-cheese macaroni and cheese dinner dry
- ☐ 1 onion chopped
- ☐ 2 cups peas green frozen thawed
- ☐ 1 pound processed cheese food cubed
- ☐ 8 servings salt and pepper to taste

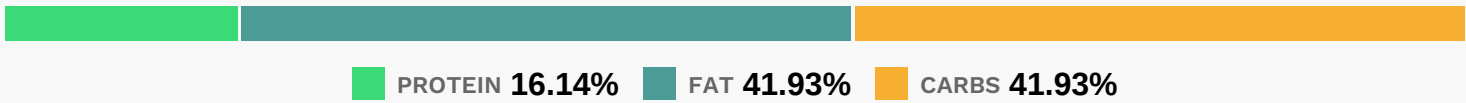
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large saucepan, prepare macaroni and cheese according to instructions on package. Preheat oven to 350 degrees F (175 degrees C.)
- ☐ Stir in the cubed cheese, frankfurters, peas, onion, condensed tomato soup and condensed celery soup. Season with garlic powder, salt and pepper.
- ☐ Spread into a 9x13 inch baking dish, and cover loosely with aluminum foil.
- ☐ Bake in preheated oven for 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:25.48, Glycemic Load:35.81, Inflammation Score:-8, Nutrition Score:21.063043345576%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 654.96kcal (32.75%), Fat: 30.81g (47.39%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 69.31g (23.1%), Net Carbohydrates: 65.93g (23.97%), Sugar: 10.71g (11.9%), Cholesterol: 60.89mg (20.3%), Sodium: 2387.56mg (103.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.35%), Phosphorus: 830.36mg (83.04%), Calcium: 770.97mg (77.1%), Manganese: 0.84mg (41.98%), Vitamin C: 25.42mg (30.82%), Vitamin A: 1219.48IU (24.39%), Potassium: 846.63mg (24.19%), Zinc: 3.36mg (22.42%), Selenium: 15.19µg (21.7%), Iron: 3.63mg (20.14%), Magnesium: 74.54mg (18.63%), Vitamin K: 19.51µg (18.58%), Vitamin B12: 0.87µg (14.43%), Fiber: 3.38g (13.53%), Vitamin B2: 0.21mg (12.4%), Vitamin B1: 0.15mg (10.19%), Vitamin B6: 0.18mg (9.04%), Copper: 0.18mg (8.88%),

Vitamin E: 1.29mg (8.62%), Folate: 31.56µg (7.89%), Vitamin B3: 1.57mg (7.86%), Vitamin B5: 0.63mg (6.35%),
Vitamin D: 0.34µg (2.27%)