



Iyanla's Divine Mac & Cheese

READY IN



30 min.

SERVINGS



30

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 1 eggs
- 0.5 cup extra sharp cheddar cheese cubed kraft ()
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup milk
- 0.3 cup cheddar cheese shredded kraft

Equipment

- oven
- whisk
- casserole dish

Directions

- Preheat oven to 375F. Prepare Dinner as directed on package. Meanwhile, combine cubed and shredded cheeses; set aside. Beat egg, milk and pepper with wire whisk until well blended.
- Spoon half of the Dinner into greased 2-qt. casserole dish; cover with half of the cheese mixture. Repeat layers.
- Drizzle evenly with egg mixture.
- Bake 15 min. or until center is set and Dinner mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:4.04, Inflammation Score:-1, Nutrition Score:1.3578260714269%

Nutrients (% of daily need)

Calories: 62.66kcal (3.13%), Fat: 2.79g (4.29%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.47g (2.35%), Sugar: 0.22g (0.25%), Cholesterol: 9.37mg (3.12%), Sodium: 129.22mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Phosphorus: 76.03mg (7.6%), Calcium: 52.35mg (5.24%), Manganese: 0.07mg (3.26%), Zinc: 0.34mg (2.25%), Selenium: 1.46µg (2.09%), Iron: 0.31mg (1.71%), Vitamin B2: 0.03mg (1.63%), Magnesium: 6.17mg (1.54%), Vitamin B12: 0.07µg (1.21%), Potassium: 37.37mg (1.07%)