



Kielbasa Mac & Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



828 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings cayenne pepper dried to taste
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 7 oz macaroni & cheese mix
- ☐ 0.3 cup milk
- ☐ 1 pound kielbasa sausage sliced
- ☐ 2 cups cheddar cheese shredded divided

Equipment

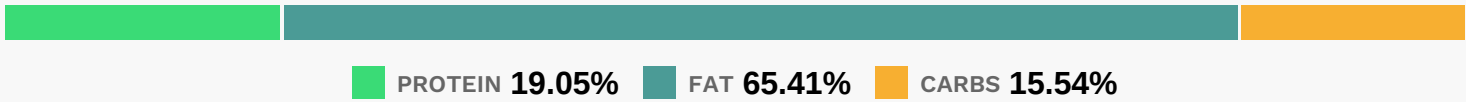
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Prepare macaroni & cheese according to package directions. In a large bowl, combine sausage, prepared macaroni & cheese, soup, milk and one cup Cheddar cheese.
- ☐ Mix well; pour into a greased 1 1/2 quart casserole dish. Top with remaining cheese and sprinkle with parsley or cayenne pepper, if desired.
- ☐ Bake, uncovered, at 350 degrees for about 30 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:18.08, Inflammation Score:-8, Nutrition Score:20.483912799669%

Nutrients (% of daily need)

Calories: 828.08kcal (41.4%), Fat: 59.98g (92.28%), Saturated Fat: 22.56g (140.99%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 31.52g (11.46%), Sugar: 1.78g (1.98%), Cholesterol: 146.68mg (48.89%), Sodium: 2013.92mg (87.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.62%), Phosphorus: 655.85mg (65.59%), Calcium: 520.23mg (52.02%), Zinc: 5.53mg (36.89%), Vitamin A: 1654.98IU (33.1%), Vitamin B3: 5.86mg (29.28%), Vitamin B12: 1.67µg (27.88%), Vitamin B2: 0.47mg (27.59%), Selenium: 18µg (25.71%), Vitamin B1: 0.36mg (23.74%), Vitamin B6: 0.45mg (22.37%), Iron: 3.34mg (18.55%), Manganese: 0.34mg (16.86%), Potassium: 530.58mg (15.16%), Magnesium: 56.53mg (14.13%), Vitamin D: 2.04µg (13.58%), Vitamin B5: 1.22mg (12.16%), Vitamin E: 1.66mg (11.05%), Copper: 0.2mg (9.93%), Vitamin K: 6.6µg (6.29%), Folate: 16.64µg (4.16%), Vitamin C: 2.4mg (2.91%), Fiber: 0.54g (2.18%)