



KRAFT Home-Style BBQ Chicken Mac

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 2 green onions thinly sliced
- 14 oz deluxe four cheese macaroni & cheese dinner kraft
- 2 cups rotisserie chicken cut shredded

Equipment

- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package.
- Add chicken and barbecue sauce; cook and stir 1 min. or until heated through.
- Top with onions.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:19.81, Inflammation Score:-1, Nutrition Score:3.9317390734087%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 377.07kcal (18.85%), Fat: 13.54g (20.84%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 33.33g (12.12%), Sugar: 1.99g (2.21%), Cholesterol: 75.71mg (25.24%), Sodium: 839.36mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.46%), Phosphorus: 261.26mg (26.13%), Manganese: 0.32mg (16.22%), Calcium: 100.67mg (10.07%), Iron: 1.46mg (8.14%), Vitamin K: 8.38µg (7.98%), Magnesium: 24.03mg (6.01%), Zinc: 0.89mg (5.9%), Potassium: 154.5mg (4.41%), Vitamin A: 52.57IU (1.05%)