



KRAFT Spinach Mac & Cheese with Bacon

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

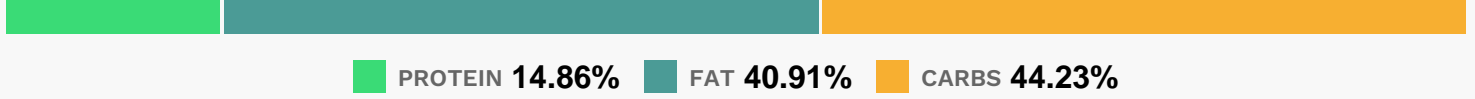
- 2 cups baby spinach leaves packed
- 4 slices oscar mayer bacon crumbled cooked
- 0.1 tsp ground pepper red (cayenne)
- 14 oz deluxe macaroni & cheese dinner kraft

Equipment

Directions

- Prepare Dinner as directed on package.
- Stir in spinach and pepper; cook and stir 2 min. or just until spinach is wilted.
- Stir in bacon.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:3.96, Inflammation Score:-2, Nutrition Score:1.6143478336542%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 56.9kcal (2.85%), Fat: 2.59g (3.98%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 6.24g (2.27%), Sugar: 0.01g (0.01%), Cholesterol: 1.94mg (0.65%), Sodium: 122.34mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin K: 9.67µg (9.21%), Phosphorus: 56.95mg (5.7%), Manganese: 0.08mg (4.03%), Vitamin A: 191.75IU (3.83%), Calcium: 21.32mg (2.13%), Iron: 0.34mg (1.89%), Magnesium: 6.44mg (1.61%), Zinc: 0.22mg (1.45%), Potassium: 43.18mg (1.23%)