



Low Fat Mac and Cheese

READY IN



20 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons dijon mustard
- 1.5 cups cheese low-fat
- 2 cups skim milk
- 12 ounces soup noodles
- 1.5 tablespoons flour plain

Equipment

Nutrition Facts

PROTEIN 24.84% FAT 10% CARBS 65.16%

Properties

Glycemic Index:35.71, Glycemic Load:19.4, Inflammation Score:-4, Nutrition Score:11.884347826087%

Nutrients (% of daily need)

Calories: 303.26kcal (15.16%), Fat: 3.31g (5.09%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 46.58g (16.94%), Sugar: 5.84g (6.49%), Cholesterol: 9.38mg (3.13%), Sodium: 257.23mg (11.18%), Protein: 18.5g (37.01%), Selenium: 43.46µg (62.08%), Phosphorus: 358.22mg (35.82%), Manganese: 0.55mg (27.74%), Calcium: 258.36mg (25.84%), Vitamin B2: 0.22mg (13.2%), Zinc: 1.79mg (11.95%), Magnesium: 46.49mg (11.62%), Vitamin B12: 0.64µg (10.59%), Copper: 0.18mg (8.87%), Potassium: 290.22mg (8.29%), Vitamin B1: 0.12mg (7.91%), Fiber: 1.96g (7.83%), Vitamin B6: 0.14mg (7.25%), Vitamin D: 0.93µg (6.21%), Vitamin B5: 0.61mg (6.11%), Vitamin B3: 1.2mg (5.99%), Iron: 1mg (5.54%), Folate: 19.03µg (4.76%), Vitamin A: 236.55IU (4.73%)