Mac & Cheese Hot Dog Skillet

READY IN	SERVINGS	CALORIES
20 min.	3	420 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 Tbsp butter
- [ ] 7.3 oz macaroni & cheese dinner kraft
- [ ] 0.3 cup milk
- [ ] 1.8 cups water
- [ ] 3 oscar mayer wieners cut into 1/4-inch-thick slices

Equipment

- [ ] frying pan

Directions

- [ ] Cook wieners in large skillet on medium heat 2 to 3 min. or until lightly browned.
- [ ] Stir in water, milk and Macaroni. Bring to boil; cover. Cook on low heat 5 to 7 min. or until macaroni is tender, stirring occasionally.
- [ ] Add Cheese Sauce
- [ ] Mix and butter; cook and stir until butter is melted and sauce is well blended.

Nutrition Facts

PROTEIN **13.48%** FAT **47.52%** CARBS **39%**

Properties

Glycemic Index:60, Glycemic Load:23.14, Inflammation Score:-3, Nutrition Score:7.7991303667102%

Nutrients (% of daily need)

Calories: 420.05kcal (21%), Fat: 22.32g (34.33%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 41.2g (14.98%), Sugar: 0.98g (1.09%), Cholesterol: 43.04mg (14.35%), Sodium: 908.09mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Phosphorus: 335.24mg (33.52%), Manganese: 0.36mg (18.23%), Selenium: 12.41µg (17.72%), Calcium: 141.56mg (14.16%), Iron: 2.48mg (13.79%), Zinc: 1.91mg (12.7%), Vitamin B2: 0.16mg (9.25%), Vitamin B3: 1.7mg (8.5%), Magnesium: 33.15mg (8.29%), Vitamin B1: 0.12mg (7.99%), Potassium: 233.44mg (6.67%), Vitamin B12: 0.36µg (6%), Folate: 22.33µg (5.58%), Vitamin A: 269.51IU (5.39%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (2.87%), Vitamin B6: 0.04mg (1.76%), Vitamin E: 0.23mg (1.53%), Vitamin D: 0.22µg (1.49%)