



Mac & Cheese Hot Dog Skillet

READY IN



20 min.

SERVINGS



20

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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



Properties

Glycemic Index:9, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.1695652203229%

Nutrients (% of daily need)

Calories: 63.01kcal (3.15%), Fat: 3.35g (5.15%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 6.18g (2.25%), Sugar: 0.15g (0.16%), Cholesterol: 6.46mg (2.15%), Sodium: 136.21mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.27%), Phosphorus: 50.29mg (5.03%), Manganese: 0.05mg (2.73%), Selenium: 1.86µg (2.66%), Calcium: 21.23mg (2.12%), Iron: 0.37mg (2.07%), Zinc: 0.29mg (1.91%), Vitamin B2: 0.02mg (1.39%), Vitamin B3: 0.25mg (1.27%), Magnesium: 4.97mg (1.24%), Vitamin B1: 0.02mg (1.2%)