



Mac 'N Double Cheese Soup

READY IN



30 min.

SERVINGS



30

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz deluxe macaroni & cheese dinner kraft
- 2 cups milk
- 2 cups vegetable blend frozen
- 3 cups water
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

Equipment

- sauce pan

Directions

- Bring water and milk to boil in large saucepan.
- Stir in Macaroni and vegetable blend. Return to boil; simmer on medium-low heat 12 to 14 min. or until macaroni is tender.
- Add VELVEETA and Cheese Sauce from pouch; cook until VELVEETA is completely melted and mixture is well blended, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:4.9, Glycemic Load:4.76, Inflammation Score:-4, Nutrition Score:2.2873913402791%

Nutrients (% of daily need)

Calories: 61.71kcal (3.09%), Fat: 2g (3.07%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 8.08g (2.94%), Sugar: 0.78g (0.87%), Cholesterol: 1.95mg (0.65%), Sodium: 114.41mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin A: 642.48IU (12.85%), Phosphorus: 75.32mg (7.53%), Manganese: 0.09mg (4.62%), Calcium: 42.93mg (4.29%), Magnesium: 9.6mg (2.4%), Potassium: 76.19mg (2.18%), Iron: 0.39mg (2.16%), Zinc: 0.3mg (1.97%), Fiber: 0.49g (1.94%), Vitamin B2: 0.03mg (1.93%), Vitamin B1: 0.02mg (1.59%), Vitamin C: 1.26mg (1.53%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.18µg (1.19%), Vitamin B6: 0.02mg (1.08%)