



Macaroni and Cheese with Smoked Sausage

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp garlic powder
- 0.3 cup pasilla peppers green chopped
- 0.1 tsp ground pepper red (cayenne)
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.3 cup onions chopped
- 0.3 tsp thyme leaves dried
- 6.5 oz oscar mayer natural uncured turkey sausage cut into bite-size pieces ()

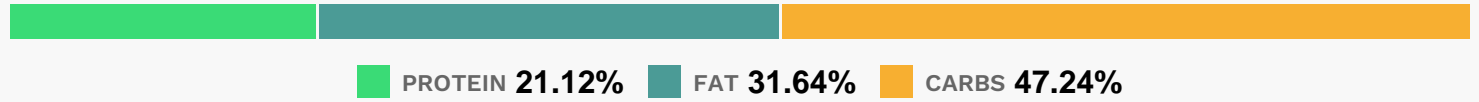
Equipment

sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package, adding sausage and vegetables to the boiling water for the last 5 min. of the Macaroni cooking time.
- Remove from heat. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:7.97, Inflammation Score:-1, Nutrition Score:2.4500000112407%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 109.38kcal (5.47%), Fat: 3.83g (5.89%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.75g (4.64%), Sugar: 0.18g (0.2%), Cholesterol: 9.21mg (3.07%), Sodium: 275.78mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.49%), Phosphorus: 126.96mg (12.7%), Manganese: 0.14mg (6.75%), Zinc: 0.73mg (4.88%), Calcium: 41.72mg (4.17%), Iron: 0.71mg (3.97%), Vitamin B6: 0.06mg (3.19%), Vitamin C: 2.51mg (3.04%), Magnesium: 11.97mg (2.99%), Vitamin B3: 0.58mg (2.91%), Potassium: 94.17mg (2.69%), Vitamin B12: 0.16µg (2.66%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.13mg (1.32%)