



Memphis-Style BBQ Mac & Cheese

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 0.5 cup bull's-eye barbecue sauce memphis style
- 2 cloves garlic finely chopped
- 1 green onion sliced
- 0.5 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup onions finely chopped

Equipment

frying pan

Directions

- Cook Macaroni as directed on package. Meanwhile, brown meat with onions and garlic in large skillet; drain.
- Add macaroni, Cheese Sauce and barbecue sauce to meat mixture in skillet; stir. Cook 2 to 3 min. or until heated through, stirring occasionally.
- Top with bacon and onions.

Nutrition Facts

PROTEIN 20.47% **FAT 30.99%** **CARBS 48.54%**

Properties

Glycemic Index:30.6, Glycemic Load:24.18, Inflammation Score:-3, Nutrition Score:10.389999972737%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 422.11kcal (21.11%), Fat: 14.44g (22.21%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 50.89g (16.96%), Net Carbohydrates: 50.27g (18.28%), Sugar: 10.24g (11.38%), Cholesterol: 33.93mg (11.31%), Sodium: 992.04mg (43.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.92%), Phosphorus: 425.94mg (42.59%), Zinc: 3.54mg (23.62%), Manganese: 0.46mg (22.96%), Vitamin B12: 1.06µg (17.67%), Iron: 3.03mg (16.84%), Vitamin B3: 3.06mg (15.28%), Selenium: 10.3µg (14.71%), Calcium: 136.64mg (13.66%), Vitamin B6: 0.26mg (12.91%), Potassium: 431.89mg (12.34%), Magnesium: 44.12mg (11.03%), Vitamin B2: 0.1mg (6.1%), Vitamin K: 5.7µg (5.43%), Vitamin B5: 0.42mg (4.16%), Vitamin B1: 0.06mg (4.04%), Copper: 0.07mg (3.55%), Vitamin E: 0.41mg (2.74%), Vitamin C: 2.18mg (2.64%), Fiber: 0.62g (2.47%), Folate: 7.45µg (1.86%), Vitamin A: 91.68IU (1.83%)