



Mexican Macaroni and Cheese

READY IN



20 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

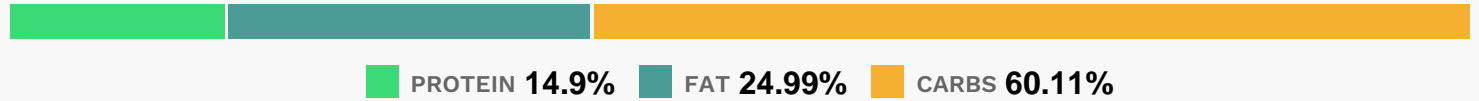
- 4.5 ounces chilis green drained chopped old el paso® canned
- 0.5 cup skim milk fat-free (skim)
- 0.3 cup olives ripe sliced
- 6 ounces soup noodles uncooked (nugget)
- 2 ounces processed cheese food fat-free
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt

Equipment

Directions

- Cook and drain pasta as directed on package.
- Stir remaining ingredients into pasta. Cook over low heat about 5 minutes, stirring occasionally, until cheese is melted and sauce is hot.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:13.14, Inflammation Score:-7, Nutrition Score:11.768695621387%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 251.53kcal (12.58%), Fat: 6.99g (10.76%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 35.27g (12.83%), Sugar: 3.76g (4.18%), Cholesterol: 15.65mg (5.22%), Sodium: 818.58mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.77%), Selenium: 30.79µg (43.98%), Vitamin C: 34.95mg (42.37%), Phosphorus: 224.46mg (22.45%), Manganese: 0.42mg (20.9%), Calcium: 202.73mg (20.27%), Vitamin A: 803.13IU (16.06%), Fiber: 2.57g (10.29%), Vitamin B2: 0.15mg (9.09%), Vitamin B6: 0.18mg (9.07%), Folate: 36.01µg (9%), Magnesium: 35.39mg (8.85%), Zinc: 1.27mg (8.47%), Copper: 0.15mg (7.38%), Potassium: 253.25mg (7.24%), Iron: 1.19mg (6.61%), Vitamin B12: 0.37µg (6.1%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.79mg (5.25%), Vitamin B1: 0.07mg (4.8%), Vitamin B5: 0.46mg (4.64%), Vitamin K: 1.5µg (1.43%)