



## Mexican Turkey Dinner

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 large tomatoes chopped
- 2 cups turkey cooked chopped

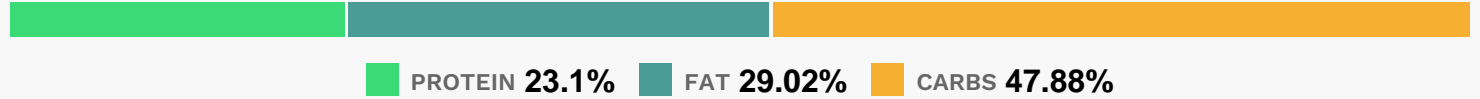
### Equipment

- sauce pan

## Directions

- Cook Macaroni as directed on package; drain. Return to saucepan.
- Stir in Cheese Sauce and remaining ingredients. Cook on medium-low heat 5 min. or until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:30.1, Inflammation Score:-5, Nutrition Score:12.057391187419%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 419.1kcal (20.95%), Fat: 13.54g (20.84%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 50.26g (16.75%), Net Carbohydrates: 49.13g (17.86%), Sugar: 2.46g (2.74%), Cholesterol: 35.78mg (11.93%), Sodium: 1031.19mg (44.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.51%), Phosphorus: 500.23mg (50.02%), Manganese: 0.56mg (28.05%), Vitamin B3: 4.43mg (22.13%), Vitamin B6: 0.39mg (19.57%), Calcium: 162.99mg (16.3%), Selenium: 10.88µg (15.54%), Zinc: 2.32mg (15.45%), Iron: 2.74mg (15.23%), Potassium: 498.48mg (14.24%), Magnesium: 56.04mg (14.01%), Vitamin A: 562.85IU (11.26%), Vitamin B12: 0.61µg (10.11%), Vitamin C: 6.85mg (8.3%), Vitamin B2: 0.11mg (6.53%), Vitamin B5: 0.51mg (5.09%), Vitamin K: 4.96µg (4.72%), Vitamin E: 0.69mg (4.58%), Fiber: 1.13g (4.52%), Copper: 0.09mg (4.31%), Vitamin B1: 0.05mg (3.47%), Folate: 11.6µg (2.9%)