



Movie Night Macaroni and Cheese

READY IN



20 min.

SERVINGS



20

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup knudsen cream sour
- 14.5 oz macaroni & cheese dinner kraft
- 1 cup mild cheddar cheese shredded divided kraft

Equipment

Directions

- Prepare Dinners as directed on package. Stir in 1/2 cup shredded cheese and sour cream. Top with remaining shredded cheese.

Nutrition Facts



■ PROTEIN 16.42% ■ FAT 43.12% ■ CARBS 40.46%

Properties

Glycemic Index:4.55, Glycemic Load:6.18, Inflammation Score:-1, Nutrition Score:1.7830434903179%

Nutrients (% of daily need)

Calories: 97.39kcal (4.87%), Fat: 4.67g (7.19%), Saturated Fat: 1.38g (8.59%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 9.86g (3.59%), Sugar: 0.12g (0.13%), Cholesterol: 7.35mg (2.45%), Sodium: 195.28mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Phosphorus: 108.43mg (10.84%), Calcium: 72.65mg (7.27%), Manganese: 0.1mg (4.87%), Zinc: 0.48mg (3.23%), Selenium: 1.71µg (2.44%), Iron: 0.44mg (2.43%), Magnesium: 8.8mg (2.2%), Vitamin B2: 0.03mg (1.75%), Vitamin A: 74.52IU (1.49%), Potassium: 48.43mg (1.38%), Vitamin B12: 0.07µg (1.1%)