



## One-Pan Mac & Cheese Bake

READY IN



30 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14.5 oz macaroni & cheese dinner kraft
- 0.5 cup butter (1 stick)
- 1 cup milk
- 24 ritz crackers crushed (1 cup crumbs)
- 1 cup cheddar cheese shredded kraft
- 4 cups water boiling

### Equipment

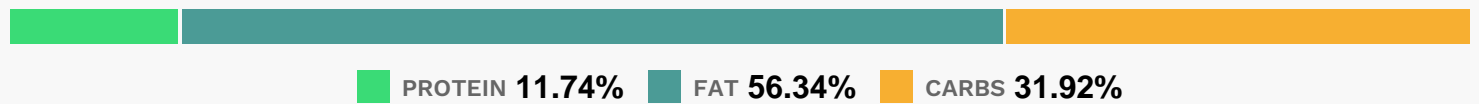
- oven

- baking pan
- aluminum foil

## Directions

- Preheat oven to 400F. Spray 13x9-inch baking dish with cooking spray.
- Place Macaroni in prepared dish. Stir in boiling water; cover with foil.
- Bake 15 min., stirring after 7 min.
- Stir in Cheese Sauce
- Mix, milk and butter.
- Sprinkle with cheddar cheese and crushed crackers.
- Bake, uncovered, an additional 5 min. or until cheese is melted and crackers begin to brown.

## Nutrition Facts



## Properties

Glycemic Index:16.13, Glycemic Load:15.98, Inflammation Score:-5, Nutrition Score:7.0952173457683%

## Nutrients (% of daily need)

Calories: 393.84kcal (19.69%), Fat: 24.77g (38.11%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 31.38g (11.41%), Sugar: 2.25g (2.5%), Cholesterol: 17.78mg (5.93%), Sodium: 716.65mg (31.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Phosphorus: 324.24mg (32.42%), Calcium: 233.55mg (23.35%), Manganese: 0.29mg (14.64%), Vitamin A: 698.43IU (13.97%), Zinc: 1.38mg (9.19%), Iron: 1.49mg (8.27%), Vitamin B2: 0.13mg (7.85%), Selenium: 4.99µg (7.13%), Magnesium: 28.26mg (7.07%), Vitamin E: 0.88mg (5.83%), Vitamin B12: 0.33µg (5.48%), Potassium: 174.52mg (4.99%), Vitamin K: 4.93µg (4.7%), Vitamin B1: 0.06mg (4.16%), Vitamin D: 0.42µg (2.8%), Vitamin B3: 0.48mg (2.41%), Folate: 9.59µg (2.4%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (1.75%), Copper: 0.04mg (1.75%)