



## Pizza Mac

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 oz canned tomatoes diced italian undrained canned
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 6 oz supermac & cheese pasta and sauce kraft
- 0.3 cup pizza sauce

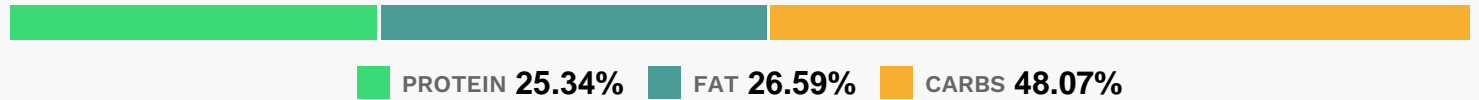
## Equipment

- microwave

## Directions

- Prepare Dinner in microwaveable 9-inch square dish as directed on package.
- Add tomatoes with their liquid and the pizza sauce; mix lightly.
- Sprinkle with mozzarella cheese.
- Microwave on HIGH 3 min. or until mixture is heated through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:3.11, Inflammation Score:-5, Nutrition Score:8.7282608242139%

## Nutrients (% of daily need)

Calories: 82.42kcal (4.12%), Fat: 2.7g (4.15%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 8.13g (2.96%), Sugar: 6.76g (7.52%), Cholesterol: 8.96mg (2.99%), Sodium: 515.97mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin C: 13.53mg (16.41%), Calcium: 152.03mg (15.2%), Vitamin E: 2.17mg (14.44%), Potassium: 489.42mg (13.98%), Copper: 0.26mg (12.87%), Manganese: 0.25mg (12.52%), Phosphorus: 113.57mg (11.36%), Fiber: 2.83g (11.32%), Vitamin A: 553.2IU (11.06%), Vitamin B6: 0.22mg (11.02%), Iron: 1.92mg (10.69%), Vitamin B3: 1.85mg (9.25%), Magnesium: 32.51mg (8.13%), Vitamin B2: 0.13mg (7.94%), Vitamin K: 7.25µg (6.9%), Vitamin B1: 0.09mg (6.14%), Zinc: 0.79mg (5.29%), Folate: 19.82µg (4.96%), Vitamin B5: 0.48mg (4.81%), Selenium: 2.99µg (4.27%), Vitamin B12: 0.11µg (1.91%)