



Pizza Mac Supreme

READY IN



17 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes undrained canned
- 1 bell pepper green chopped
- 7.3 oz macaroni & cheese dinner kraft
- 0.5 cup pepperoni chopped
- 0.3 cup pizza sauce
- 0.5 cup mozzarella cheese shredded kraft

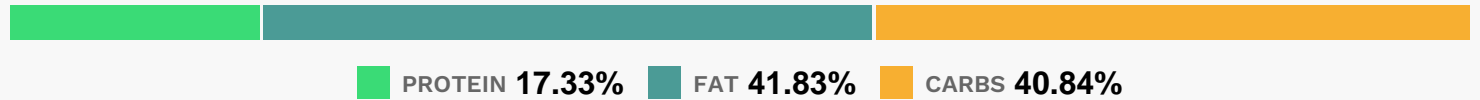
Equipment

- microwave

Directions

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

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:17.94, Inflammation Score:-6, Nutrition Score:13.257391354312%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 327.41kcal (16.37%), Fat: 15.54g (23.91%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 31.45g (11.44%), Sugar: 5.95g (6.61%), Cholesterol: 24.76mg (8.25%), Sodium: 933.19mg (40.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.97%), Vitamin C: 34.48mg (41.79%), Phosphorus: 316mg (31.6%), Manganese: 0.57mg (28.47%), Calcium: 187.46mg (18.75%), Iron: 2.9mg (16.11%), Potassium: 553.99mg (15.83%), Vitamin B6: 0.29mg (14.59%), Magnesium: 48.7mg (12.17%), Vitamin E: 1.82mg (12.11%), Copper: 0.24mg (11.95%), Zinc: 1.77mg (11.82%), Vitamin B3: 2.28mg (11.39%), Fiber: 2.7g (10.79%), Selenium: 7.19µg (10.28%), Vitamin A: 506.45IU (10.13%), Vitamin B1: 0.14mg (9.25%), Vitamin B2: 0.15mg (8.77%), Vitamin K: 9.17µg (8.74%), Vitamin B12: 0.5µg (8.38%), Vitamin B5: 0.56mg (5.55%), Folate: 19.4µg (4.85%), Vitamin D: 0.24µg (1.6%)