



Rainbow Mac & Cheese

READY IN



50 min.

SERVINGS



50

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz canned tomatoes diced drained canned
- 2 chipotle peppers in adobo sauce canned
- 1 eggs beaten
- 0.5 cup cilantro leaves fresh
- 1 cup regular corn frozen
- 1.3 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 14.5 oz macaroni & cheese dinner kraft
- 1 small onion quartered
- 1 small bell pepper green red finely chopped

1 small zucchini finely chopped

Equipment

oven

blender

baking pan

Directions

Heat oven to 350F.

Blend first 4 ingredients in blender until smooth. Spoon 1/2 cup into 8-inch square baking dish.

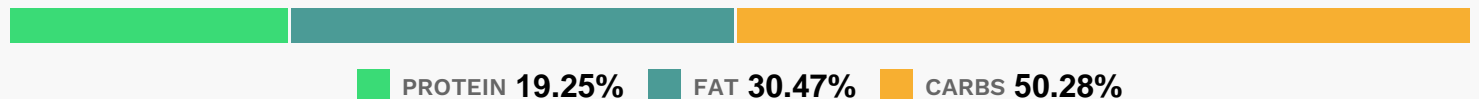
Combine remaining sauce with remaining vegetables.

Prepare Dinners as directed on package; stir in egg and 1/2 cup mozzarella. Spoon half over sauce in dish; top with layers of half the vegetable mixture and 1/4 cup of the remaining mozzarella. Repeat layers.

Bake 30 min. Top with remaining mozzarella; bake 5 min.

Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:2.5, Inflammation Score:-1, Nutrition Score:1.4586956546358%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 42.16kcal (2.11%), Fat: 1.46g (2.24%), Saturated Fat: 0.32g (2%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 5.09g (1.85%), Sugar: 0.43g (0.47%), Cholesterol: 5.07mg (1.69%), Sodium: 93.85mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Phosphorus: 52.96mg (5.3%), Calcium: 37.95mg

(3.79%), Vitamin C: 2.76mg (3.35%), Manganese: 0.06mg (2.96%), Iron: 0.33mg (1.82%), Zinc: 0.24mg (1.62%), Potassium: 56.55mg (1.62%), Magnesium: 6.26mg (1.56%), Vitamin B6: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.36%), Fiber: 0.31g (1.25%), Selenium: 0.72µg (1.03%)