



Ranch Chicken Mac 'N Cheese

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup meat from a rotisserie chicken cooked chopped
- 1 green onion sliced
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.3 cup classic ranch dressing kraft
- 0.3 cup tomatoes chopped

Equipment

- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package.
- Add remaining ingredients; cook 8 to 10 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:1.5352173938375%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 73.12kcal (3.66%), Fat: 3.14g (4.83%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 7.61g (2.77%), Sugar: 0.16g (0.18%), Cholesterol: 4.82mg (1.61%), Sodium: 147.58mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Phosphorus: 77.83mg (7.78%), Vitamin K: 4.33µg (4.12%), Manganese: 0.08mg (3.95%), Calcium: 24.86mg (2.49%), Iron: 0.41mg (2.3%), Vitamin B3: 0.45mg (2.27%), Selenium: 1.46µg (2.09%), Zinc: 0.3mg (2%), Magnesium: 6.95mg (1.74%), Potassium: 50.49mg (1.44%), Vitamin B6: 0.03mg (1.26%)