

Salsa-Chicken Mac & Cheese

READY IN



25 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tsp chili powder
- 4 tsp cilantro leaves chopped
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 0.3 cup milk sharp cheddar cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

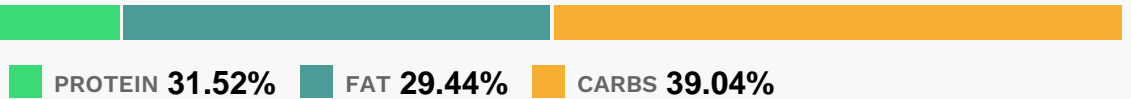
Equipment

- frying pan

Directions

- Prepare Dinner as directed on package. Meanwhile, toss chicken with chili powder. Cook chicken in large nonstick skillet sprayed with cooking spray on medium heat 5 min. or until cooked through, stirring frequently.
- Add prepared Dinner to chicken; mix well.
- Serve topped with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:29.68, Inflammation Score:-5, Nutrition Score:17.40913024156%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 496.13kcal (24.81%), Fat: 16.05g (24.7%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 47.37g (17.23%), Sugar: 0.69g (0.77%), Cholesterol: 79.64mg (26.55%), Sodium: 1055.5mg (45.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.36%), Phosphorus: 665.72mg (66.57%), Vitamin B3: 12.09mg (60.46%), Selenium: 38.57µg (55.1%), Vitamin B6: 0.9mg (44.86%), Manganese: 0.51mg (25.72%), Calcium: 206.32mg (20.63%), Potassium: 676.09mg (19.32%), Magnesium: 68.6mg (17.15%), Vitamin B5: 1.68mg (16.84%), Zinc: 2.27mg (15.13%), Iron: 2.67mg (14.84%), Vitamin B2: 0.16mg (9.19%), Vitamin A: 389.67IU (7.79%), Vitamin B1: 0.08mg (5.47%), Vitamin B12: 0.3µg (5.03%), Vitamin E: 0.73mg (4.84%), Copper: 0.05mg (2.52%), Fiber: 0.53g (2.12%), Vitamin C: 1.7mg (2.06%), Vitamin K: 2.1µg (2%), Folate: 6.92µg (1.73%), Vitamin D: 0.16µg (1.04%)