



Shells with Tomato & Basil

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp basil leaves fresh thinly sliced
- 0.5 tsp garlic powder
- 200 g dinner three cheese macaroni and cheese kraft
- 1 medium tomatoes chopped

Equipment

Directions

- Prepare Dinner as directed on package, using the Sensible Solution directions.
- Add remaining ingredients; cook until heated through, stirring occasionally.

Nutrition Facts

PROTEIN 15.49% **FAT 27.79%** **CARBS 56.72%**

Properties

Glycemic Index:44.25, Glycemic Load:15.28, Inflammation Score:-4, Nutrition Score:4.6682608995749%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 174.54kcal (8.73%), Fat: 5.42g (8.34%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 24.44g (8.89%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 384.9mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Phosphorus: 206.25mg (20.62%), Manganese: 0.31mg (15.5%), Vitamin K: 15.5µg (14.77%), Vitamin A: 422.31IU (8.45%), Calcium: 81.46mg (8.15%), Iron: 1.24mg (6.89%), Vitamin C: 4.78mg (5.8%), Magnesium: 22.7mg (5.67%), Potassium: 185.29mg (5.29%), Zinc: 0.74mg (4.93%), Fiber: 0.45g (1.82%), Vitamin B6: 0.04mg (1.79%), Folate: 6.94µg (1.73%), Copper: 0.03mg (1.62%), Vitamin E: 0.19mg (1.29%), Vitamin B3: 0.21mg (1.07%)