



Simple Mac 'n Ham Dinner

READY IN



25 min.

SERVINGS



25

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup knudsen cream sour
- 6 oz oscar mayer ham boiled chopped
- 7.3 oz macaroni & cheese dinner kraft
- 2 cups peas frozen

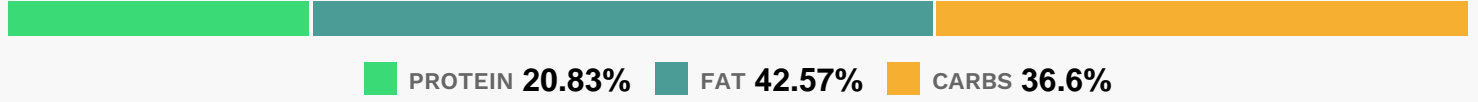
Equipment

- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package, adding peas to the boiling water the last 2 min. of the Macaroni cooking time.
- Stir in ham and sour cream.
- Cook 2 to 3 min. or until heated through, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:2.4230434790902%

Nutrients (% of daily need)

Calories: 62.5kcal (3.12%), Fat: 2.96g (4.55%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.06g (1.84%), Sugar: 0.81g (0.91%), Cholesterol: 6.93mg (2.31%), Sodium: 145.74mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Phosphorus: 62.73mg (6.27%), Vitamin C: 4.68mg (5.67%), Vitamin B1: 0.07mg (4.84%), Manganese: 0.09mg (4.38%), Zinc: 0.42mg (2.82%), Vitamin K: 2.95µg (2.81%), Selenium: 1.92µg (2.75%), Vitamin B3: 0.55mg (2.75%), Fiber: 0.66g (2.64%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 117.4IU (2.35%), Vitamin B2: 0.04mg (2.24%), Iron: 0.4mg (2.24%), Magnesium: 8.38mg (2.09%), Folate: 8.02µg (2.01%), Potassium: 69.71mg (1.99%), Calcium: 19.94mg (1.99%), Copper: 0.03mg (1.34%)