



WHATSheATE



Squash Mac and Cheese

READY IN



20 min.

SERVINGS



3

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 servings buttermilk



4 oz butternut squash 100%



7.3 oz deluxe four-cheese macaroni and cheese dinner

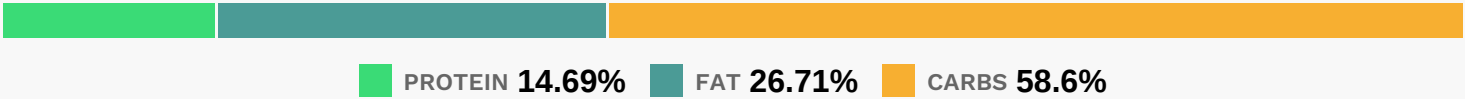
Equipment

Directions



Make macaroni and cheese dinner as directed on box--except stir in squash pure with the milk.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:20.47, Inflammation Score:-10, Nutrition Score:8.855652200787%

Nutrients (% of daily need)

Calories: 246.46kcal (12.32%), Fat: 7.38g (11.36%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.68g (12.97%), Sugar: 0.88g (0.98%), Cholesterol: 0.11mg (0.04%), Sodium: 527.36mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Vitamin A: 4019.72IU (80.39%), Phosphorus: 281.2mg (28.12%), Manganese: 0.4mg (19.92%), Calcium: 118.64mg (11.86%), Vitamin C: 7.94mg (9.62%), Iron: 1.68mg (9.35%), Magnesium: 36.25mg (9.06%), Potassium: 269.37mg (7.7%), Zinc: 0.95mg (6.34%), Vitamin E: 0.55mg (3.63%), Fiber: 0.76g (3.02%), Vitamin B6: 0.06mg (2.93%), Folate: 10.26µg (2.56%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.16mg (1.55%), Copper: 0.03mg (1.37%)