

Tex-Mex Baked Mac & Cheese

READY IN



40 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 Tbsp butter melted
- 10 oz canned tomatoes diced green drained canned
- 0.8 cup four cheese shredded mexican style kraft finely
- 2 Tbsp lime zest kraft
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup tortilla chips crushed

Equipment

- oven

baking pan

Directions

Heat oven to 375F.

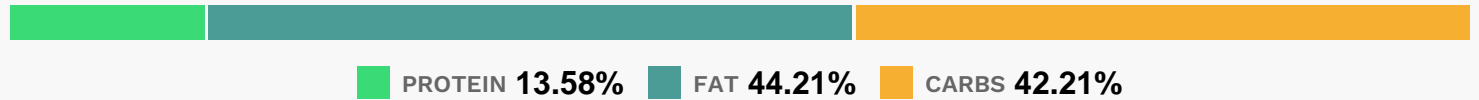
Prepare Dinner as directed on package. Spoon into 8-inch square baking dish sprayed with cooking spray.

Mix tomatoes and dressing; spoon over macaroni mixture. Top with shredded cheese.

Mix butter and tortilla crumbs; sprinkle over cheese.

Bake 20 min. or until heated through and crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:19.85, Inflammation Score:-3, Nutrition Score:7.5843477897022%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 372.75kcal (18.64%), Fat: 18.5g (28.46%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 38.74g (14.09%), Sugar: 1.38g (1.53%), Cholesterol: 19.21mg (6.4%), Sodium: 713.35mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Phosphorus: 354.44mg (35.44%), Calcium: 221.15mg (22.12%), Manganese: 0.35mg (17.43%), Iron: 2mg (11.09%), Zinc: 1.58mg (10.53%), Magnesium: 39.6mg (9.9%), Vitamin K: 9.15µg (8.71%), Vitamin E: 1.07mg (7.11%), Potassium: 248.45mg (7.1%), Selenium: 4.58µg (6.54%), Vitamin B2: 0.1mg (5.63%), Vitamin C: 4.39mg (5.33%), Vitamin A: 256.24IU (5.12%), Vitamin B6: 0.08mg (3.97%), Fiber: 0.99g (3.96%), Vitamin B1: 0.04mg (2.59%), Vitamin B12: 0.15µg (2.56%), Copper: 0.05mg (2.33%), Vitamin B5: 0.23mg (2.3%), Vitamin B3: 0.43mg (2.13%), Folate: 7.97µg (1.99%)