



Three-Cheese Baked Mac

READY IN



25 min.

SERVINGS



25

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup four cheese shredded mexican style divided kraft finely
- 1 cup regular corn frozen thawed
- 6 slices oscar mayer honey turkey smoked white chopped
- 7.3 oz macaroni & cheese dinner kraft
- 1 Tbsp parmesan cheese grated kraft
- 10 ritz crackers crushed

Equipment

- oven

baking pan

Directions

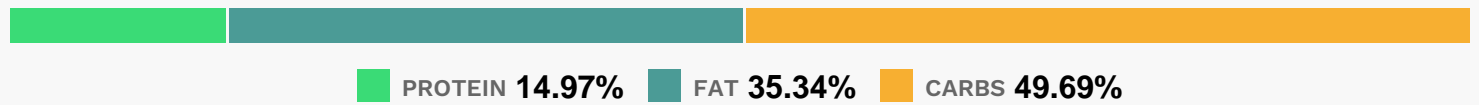
Heat oven to 350F.

Mix crushed crackers, Parmesan and 1/4 cup shredded cheese.

Prepare Dinner as directed on package. Stir in turkey, corn and remaining shredded cheese. Spoon into 1-1/2-qt. baking dish sprayed with cooking spray. Top with cracker mixture.

Bake 10 min. or until heated through and topping is golden.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:2.57, Inflammation Score:-1, Nutrition Score:1.1708695736268%

Nutrients (% of daily need)

Calories: 50.62kcal (2.53%), Fat: 2.03g (3.13%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.21g (2.26%), Sugar: 0.3g (0.34%), Cholesterol: 2.43mg (0.81%), Sodium: 92.18mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Phosphorus: 52.79mg (5.28%), Calcium: 31.79mg (3.18%), Manganese: 0.06mg (2.81%), Zinc: 0.25mg (1.68%), Iron: 0.27mg (1.52%), Magnesium: 5.82mg (1.46%), Selenium: 0.82µg (1.17%), Vitamin B2: 0.02mg (1.16%), Potassium: 39.26mg (1.12%)