



Vanessa's Encore Mac and Cheese

READY IN



30 min.

SERVINGS



30

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp butter melted
- 1 eggs
- 14 oz deluxe four cheese macaroni & cheese dinner kraft
- 0.5 cup milk
- 0.3 cup miracle whip dressing
- 0.3 cup ritz crackers crushed
- 0.5 cup sharp cheddar cheese shredded kraft
- 0.5 cup mozzarella cheese shredded kraft

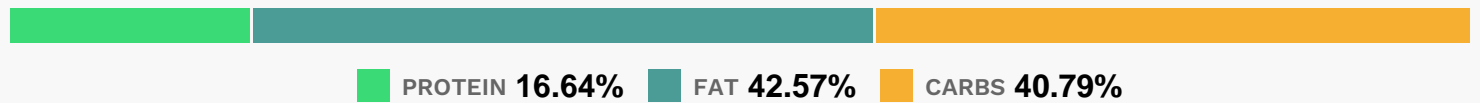
Equipment

- oven
- whisk

Directions

- Heat oven to 375F.
- Prepare Dinner as directed on package. Meanwhile, combine shredded cheeses; set aside. Beat egg, milk, dressing and seasoning salt with whisk until well blended.
- Spoon half of the Dinner into greased 2-qt. casserole; cover with half the cheese mixture. Repeat layers.
- Drizzle evenly with egg mixture.
- Mix cracker crumbs and butter; sprinkle over Dinner mixture.
- Bake 20 min. or until center is set and Dinner mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:6.87, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:1.4143478280824%

Nutrients (% of daily need)

Calories: 69.65kcal (3.48%), Fat: 3.3g (5.07%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 7.06g (2.57%), Sugar: 0.49g (0.54%), Cholesterol: 10.51mg (3.5%), Sodium: 153.19mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Phosphorus: 75.56mg (7.56%), Calcium: 48.76mg (4.88%), Manganese: 0.07mg (3.31%), Zinc: 0.33mg (2.23%), Selenium: 1.41µg (2.01%), Iron: 0.34mg (1.87%), Vitamin B12: 0.1µg (1.64%), Vitamin B2: 0.03mg (1.61%), Magnesium: 6.15mg (1.54%), Vitamin A: 59.29IU (1.19%), Potassium: 38.81mg (1.11%)