



Zesty Mac & Cheese

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz elbow macaroni uncooked
- 0.5 cup milk
- 10 oz ro*tel tomatoes & chilies diced green undrained canned
- 16 oz velveeta cut into 1/2-inch cubes
- 16 oz velveeta cut into 1/2-inch cubes

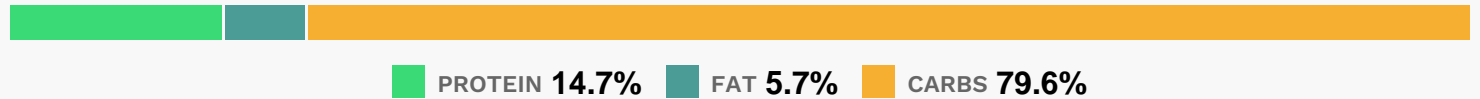
Equipment

- bowl
- microwave

Directions

- Cook macaroni as directed on package, omitting salt.
- Drain.
- Microwave VELVEETA and tomatoes in large microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min. Stir in milk.
- Add macaroni to VELVEETA sauce; stir to evenly coat.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.2626086706701%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 90.35kcal (4.52%), Fat: 0.57g (0.87%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.88g (6.14%), Sugar: 1.27g (1.41%), Cholesterol: 0.73mg (0.24%), Sodium: 4.39mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Selenium: 14.45µg (20.64%), Manganese: 0.22mg (11.22%), Phosphorus: 52.43mg (5.24%), Copper: 0.07mg (3.7%), Magnesium: 14.31mg (3.58%), Fiber: 0.9g (3.58%), Potassium: 93.32mg (2.67%), Vitamin A: 127.96IU (2.56%), Zinc: 0.37mg (2.46%), Vitamin B3: 0.48mg (2.38%), Vitamin B6: 0.05mg (2.36%), Vitamin C: 1.94mg (2.35%), Vitamin B1: 0.03mg (1.94%), Iron: 0.33mg (1.85%), Folate: 6.21µg (1.55%), Vitamin B2: 0.02mg (1.45%), Calcium: 13.68mg (1.37%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.16µg (1.11%)