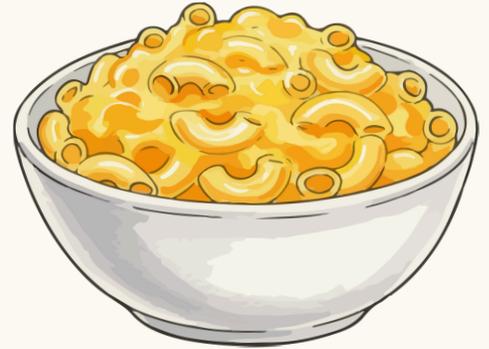


Buffalo Chicken Mac & Cheese

Easy & Delicious

Ingredients:

- 1 box of macaroni and cheese
- ½ cup low-fat milk
- 1 can of low sodium chicken (drained)
- 2 tbsp of buffalo sauce



Instructions:

1. Prepare macaroni and cheese per the directions on the box (this recipe leaves out the butter since the Gamecock Market does not regularly have it in stock).
2. Drain chicken and mix with buffalo sauce.
3. Top the macaroni and cheese with the buffalo chicken.

Tips:

- Serve this dish with a side of fruit and vegetables for a complete meal.
- The canned chicken in this recipe can be swapped for rotisserie or fresh chicken.

Nutrition Facts

3 servings per container

Serving size 1 serving (162g)

Amount per serving

Calories **323**

% Daily Value*

Total Fat 11g	17%
Saturated Fat 1g	6%
Cholesterol 23mg	8%
Sodium 1049mg	46%
Total Carbohydrate 34g	11%
Total Sugars 2g	
Protein 21g	41%
Vitamin D 0µg	2%
Calcium 155mg	12%
Iron 2mg	11%
Potassium 262mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by  Recipe Card Blocks PRO

Fast Facts:

- Whole-grain pasta can boost fiber and nutrient content and keep you feeling full longer.
- This recipe can be used with Easy Mac, too!

*The nutrition facts provided for this recipe are only estimates. Differing products, brands, seasonings, and/or preparation techniques will alter the nutrition facts.

