



## Awesome Italian Macaroni and Cheese

READY IN



60 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 cubes chicken bouillon
- 10 ounces ham smoked diced
- 3 eggs
- 0.5 teaspoon ground pepper white
- 2 cups half-and-half
- 8 ounce macaroni
- 1 teaspoon salt
- 1 cup cheddar cheese shredded
- 2 quarts water

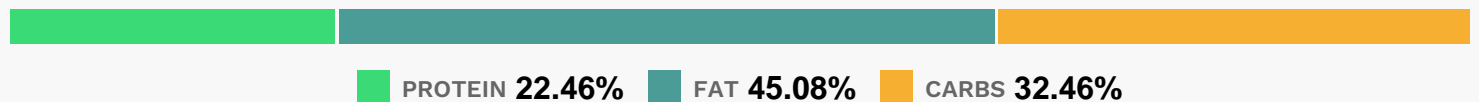
## Equipment

- bowl
- oven
- whisk
- pot
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
- Dissolve chicken bouillon cubes in water in a large pot; bring to a boil. Cook macaroni in the boiling water until cooked through but firm to the bite, 8 minutes; drain.
- Layer about half the macaroni in the bottom of the prepared baking dish; top with about half the diced smoked ham. Repeat layers.
- Whisk eggs, half-and-half, salt, and white pepper together in a bowl; pour over the noodle and ham layers. Top everything with Cheddar cheese.
- Bake in preheated oven until the cheese is melted and browning around the edges, about 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:12.651304377162%

## Nutrients (% of daily need)

Calories: 401.52kcal (20.08%), Fat: 20.05g (30.85%), Saturated Fat: 10.66g (66.62%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.22g (11.35%), Sugar: 4.53g (5.04%), Cholesterol: 151.59mg (50.53%), Sodium: 1186.86mg (51.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.96%), Selenium: 38.57µg (55.09%), Phosphorus: 388.3mg (38.83%), Calcium: 254.65mg (25.47%), Vitamin B2: 0.36mg (21.36%), Manganese: 0.36mg (18.18%), Zinc: 2.71mg (18.08%), Copper: 0.3mg (15.22%), Magnesium: 53.81mg (13.45%), Vitamin A: 593.07IU (11.86%), Potassium: 362.52mg (10.36%), Vitamin B12: 0.55µg (9.15%), Iron: 1.59mg (8.82%), Vitamin B5: 0.81mg (8.11%), Vitamin B6: 0.14mg (7.23%), Folate: 23.55µg (5.89%), Fiber: 1.25g (5.01%), Vitamin B1: 0.07mg

(4.84%), Vitamin E: 0.62mg (4.1%), Vitamin B3: 0.76mg (3.79%), Vitamin D: 0.55µg (3.69%), Vitamin K: 1.6µg (1.53%)