



## Bee's Mac and Cheese Bake

READY IN



70 min.

SERVINGS



8

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce cream of mushroom soup canned
- 4 ounces round buttery crackers crushed
- 16 ounce shells uncooked
- 16 ounce cheddar cheese shredded

### Equipment

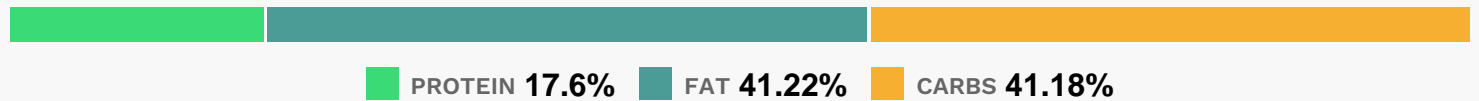
- bowl
- oven
- pot

casserole dish

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.
- Bring a large pot of lightly salted water to a boil. Stir in shell pasta and cook 12 minutes, or until tender but still firm.
- Drain, and transfer to a large bowl.
- Mix cream of mushroom soup, Cheddar cheese, and pimentos with the pasta.
- Pour into the prepared casserole dish. Top with crushed crackers.
- Cover dish, and bake 30 minutes in the preheated oven.
- Remove cover, and continue baking 15 minutes, until cheese is bubbly and crackers are lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:8.63, Glycemic Load:17.39, Inflammation Score:-5, Nutrition Score:16.140434970026%

## Nutrients (% of daily need)

Calories: 534.66kcal (26.73%), Fat: 24.34g (37.44%), Saturated Fat: 12.27g (76.71%), Carbohydrates: 54.7g (18.23%), Net Carbohydrates: 52.49g (19.09%), Sugar: 2.85g (3.17%), Cholesterol: 58.6mg (19.53%), Sodium: 769.33mg (33.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.76%), Selenium: 52.53µg (75.05%), Calcium: 436.12mg (43.61%), Phosphorus: 416.59mg (41.66%), Manganese: 0.72mg (35.82%), Zinc: 3.39mg (22.57%), Vitamin B2: 0.34mg (20.26%), Copper: 0.28mg (13.82%), Magnesium: 50.72mg (12.68%), Vitamin A: 568.12IU (11.36%), Vitamin B12: 0.66µg (11.03%), Vitamin B3: 2.03mg (10.14%), Iron: 1.73mg (9.6%), Vitamin B1: 0.14mg (9.18%), Fiber: 2.22g (8.87%), Folate: 34.99µg (8.75%), Vitamin K: 8.5µg (8.1%), Vitamin B6: 0.14mg (7.17%), Potassium: 234.96mg (6.71%), Vitamin E: 0.98mg (6.55%), Vitamin B5: 0.6mg (6.03%), Vitamin D: 0.34µg (2.27%)