



Garden Mac and Cheese Biscuit Cups

READY IN



45 min.

SERVINGS



10

CALORIES



360 kcal

Ingredients

- 10.2 oz biscuits refrigerated pillsbury® canned (5 biscuits)
- 0.3 cup carrots shredded
- 7 oz deluxe four-cheese macaroni and cheese dinner betty crocker®
- 10 servings milk for on mac & cheese box
- 0.5 cup peas sweet green frozen thawed drained giant®
- 3 oz cheddar cheese shredded
- 0.5 teaspoon mustard yellow

Equipment

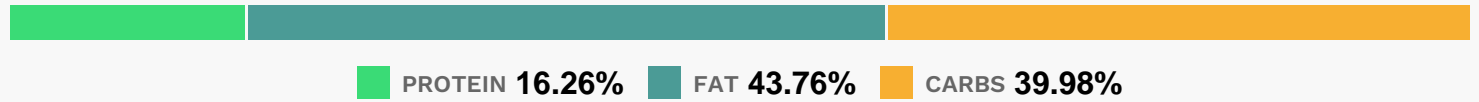
- frying pan

- oven
- muffin liners

Directions

- Heat oven to 375°F. Make mac & cheese as directed on box. Stir in mustard until well blended. Stir in peas, carrots and 1/2 cup of the cheese.
- Meanwhile, separate dough into 5 biscuits; separate each biscuit into 2 layers. Firmly press 1 biscuit layer in bottom and up side of each of 10 ungreased regular-size muffin cups, forming 1/4-inch rim. Fill with macaroni mixture; sprinkle with remaining 1/4 cup cheese.
- Bake 16 to 20 minutes or until edges of biscuits are golden brown. Cool 1 minute; remove from pan.

Nutrition Facts



Properties

Glycemic Index:31.72, Glycemic Load:19.57, Inflammation Score:-7, Nutrition Score:14.307826021443%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 360.26kcal (18.01%), Fat: 17.63g (27.13%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 36.25g (12.08%), Net Carbohydrates: 35.36g (12.86%), Sugar: 13.34g (14.82%), Cholesterol: 38.07mg (12.69%), Sodium: 578.07mg (25.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.47%), Phosphorus: 496.55mg (49.65%), Calcium: 406.22mg (40.62%), Vitamin B2: 0.47mg (27.66%), Vitamin B12: 1.45µg (24.14%), Vitamin A: 1071.31IU (21.43%), Vitamin B1: 0.28mg (18.96%), Vitamin D: 2.73µg (18.23%), Selenium: 12.7µg (18.14%), Potassium: 504.72mg (14.42%), Manganese: 0.25mg (12.63%), Zinc: 1.81mg (12.06%), Magnesium: 46.14mg (11.53%), Vitamin B5: 1.05mg (10.49%), Vitamin B6: 0.19mg (9.26%), Iron: 1.5mg (8.33%), Vitamin B3: 1.41mg (7.07%), Folate: 27.37µg (6.84%), Vitamin K: 4.35µg (4.14%), Vitamin E: 0.6mg (3.99%), Vitamin C: 3.09mg (3.75%), Fiber: 0.89g (3.56%), Copper: 0.04mg (2.18%)