



Grands!® Jr. Mac and Cheese Pies

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz biscuits refrigerated golden layers® canned
- 0.8 cup queso asadero (from 15-oz jar)
- 4 oz elbow macaroni uncooked
- 2 tablespoons roasted peppers red chopped (from a jar)

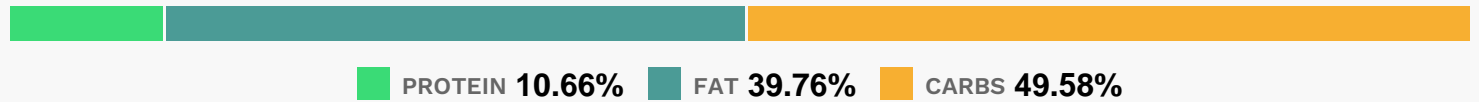
Equipment

- sauce pan
- oven
- muffin liners

Directions

- Heat oven to 375F. In 2-quart saucepan, cook macaroni as directed on package; drain and return to saucepan.
- Meanwhile, separate dough into 10 biscuits. Press 1 biscuit in each of 10 ungreased regular-size muffin cups, firmly pressing dough to cover bottom and side, forming 1/4-inch rim over edge of cup.
- Add cheese dip and roasted peppers to saucepan with macaroni; stir until coated. Spoon about 1/4 cup macaroni mixture into each dough-lined cup.
- Bake 14 to 18 minutes or until edges of biscuits are golden brown.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:10.44, Inflammation Score:-2, Nutrition Score:6.1791303494702%

Nutrients (% of daily need)

Calories: 215.75kcal (10.79%), Fat: 9.52g (14.65%), Saturated Fat: 3.2g (20.03%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25.82g (9.39%), Sugar: 2.68g (2.97%), Cholesterol: 13.65mg (4.55%), Sodium: 652.28mg (28.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Phosphorus: 311.32mg (31.13%), Selenium: 13.57µg (19.39%), Manganese: 0.24mg (12.1%), Vitamin B1: 0.16mg (10.41%), Vitamin B2: 0.15mg (8.8%), Calcium: 83.96mg (8.4%), Iron: 1.33mg (7.37%), Vitamin B3: 1.35mg (6.75%), Folate: 26.33µg (6.58%), Potassium: 148.39mg (4.24%), Zinc: 0.62mg (4.13%), Fiber: 0.89g (3.58%), Copper: 0.06mg (3.24%), Vitamin E: 0.46mg (3.08%), Magnesium: 12.12mg (3.03%), Vitamin A: 131.22IU (2.62%), Vitamin B6: 0.04mg (1.87%), Vitamin C: 1.45mg (1.75%), Vitamin B5: 0.15mg (1.52%), Vitamin K: 1.41µg (1.34%)