



WHATSheATE



Impossibly Easy Mac and Cheese Pie



Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cheddar cheese shredded
- ☐ 3.5 oz elbow macaroni uncooked
- ☐ 0.5 cup baking mix
- ☐ 2.3 cups milk
- ☐ 0.3 teaspoon hot sauce red
- ☐ 2 eggs

Equipment

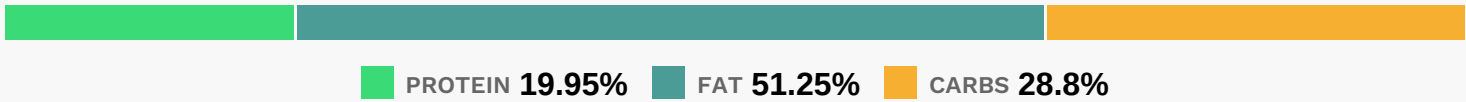
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Spray 9-inch glass pie plate with cooking spray.
- ☐ Place uncooked macaroni in pie plate.
- ☐ Sprinkle with 1 3/4 cups of the cheese.
- ☐ In medium bowl, stir remaining ingredients with wire whisk or fork until blended.
- ☐ Pour into pie plate.
- ☐ Spray sheet of foil with cooking spray; place sprayed side down over pie plate.
- ☐ Bake 40 minutes. Uncover; bake 8 to 10 minutes longer or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake 1 to 2 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:12.106521738612%

Nutrients (% of daily need)

Calories: 334.27kcal (16.71%), Fat: 18.96g (29.18%), Saturated Fat: 9.86g (61.63%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 23.24g (8.45%), Sugar: 6.19g (6.88%), Cholesterol: 103.54mg (34.51%), Sodium: 435.8mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.23%), Calcium: 409.39mg (40.94%), Selenium: 28.14µg (40.2%), Phosphorus: 384.35mg (38.43%), Vitamin B2: 0.41mg (24.34%), Vitamin B12: 1.06µg (17.74%), Zinc: 2.24mg (14.97%), Vitamin A: 606.85IU (12.14%), Vitamin D: 1.53µg (10.18%), Manganese: 0.2mg (9.86%), Vitamin B1: 0.14mg (9.37%), Vitamin B5: 0.88mg (8.82%), Magnesium: 34.22mg (8.55%), Folate: 30.32µg (7.58%), Vitamin B6: 0.14mg (6.91%), Potassium: 240.01mg (6.86%), Iron: 0.81mg (4.5%), Copper: 0.09mg (4.36%),

Vitamin B3: 0.86mg (4.31%), Vitamin E: 0.51mg (3.43%), Fiber: 0.74g (2.96%), Vitamin K: 1.9µg (1.81%)