



Mac and Cheese Casserole with Ham

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup oscar mayer ham smoked chopped
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup mild cheddar cheese shredded kraft
- 0.5 cup milk
- 1 cup peas frozen thawed drained

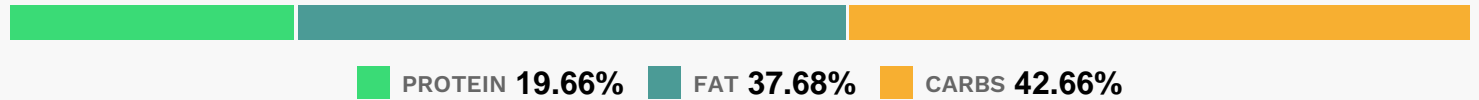
Equipment

- sauce pan
- oven

Directions

- Heat oven to 400F.
- Prepare Dinner in large saucepan as directed on package. Stir in ham, peas and milk.
- Spoon into 1-1/2-qt. casserole; top with cheddar.
- Bake 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:4.22, Inflammation Score:-1, Nutrition Score:1.8486956532883%

Nutrients (% of daily need)

Calories: 66.73kcal (3.34%), Fat: 2.79g (4.29%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.83g (2.48%), Sugar: 0.48g (0.53%), Cholesterol: 4.54mg (1.51%), Sodium: 156.99mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Phosphorus: 77.17mg (7.72%), Manganese: 0.08mg (4.14%), Calcium: 38.95mg (3.9%), Zinc: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.45%), Vitamin C: 1.93mg (2.34%), Selenium: 1.49µg (2.13%), Iron: 0.38mg (2.1%), Magnesium: 7.75mg (1.94%), Vitamin B2: 0.03mg (1.65%), Potassium: 55.42mg (1.58%), Vitamin B3: 0.26mg (1.31%), Vitamin B6: 0.03mg (1.26%), Vitamin A: 62.43IU (1.25%), Vitamin K: 1.26µg (1.2%), Fiber: 0.28g (1.1%), Vitamin B12: 0.06µg (1.07%)