



## Mac 'N Cheese Pie

READY IN



45 min.

SERVINGS



45

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups broccoli florets
- 4 eggs
- 6 oz oscar mayer ham smoked chopped
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup cheddar & monterey jack cheeses shredded kraft

## Equipment

- bowl
- sauce pan

oven

## Directions

Heat oven to 350F.

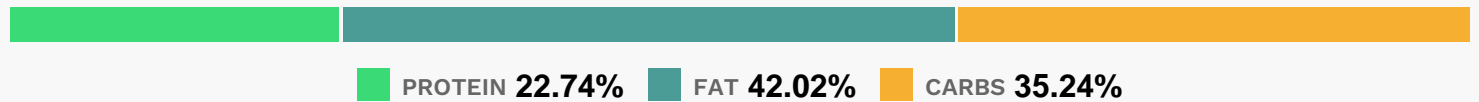
Cook Macaroni in large saucepan as directed on package, adding broccoli to the boiling water for the last 2 min.; drain.

Beat eggs in small bowl; stir in Cheese Sauce.

Add to Macaroni mixture with ham; mix well. Spoon into 9-inch pie plate sprayed with cooking spray; top with shredded cheese.

Bake 30 min. or until macaroni mixture is set in center and top is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.73, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:1.8421739054763%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 50.29kcal (2.51%), Fat: 2.34g (3.6%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.32g (1.57%), Sugar: 0.09g (0.1%), Cholesterol: 18.01mg (6%), Sodium: 126.85mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Phosphorus: 58.56mg (5.86%), Vitamin C: 3.61mg (4.37%), Vitamin K: 4.17µg (3.97%), Selenium: 2.34µg (3.35%), Calcium: 26.51mg (2.65%), Manganese: 0.05mg (2.59%), Vitamin B2: 0.04mg (2.11%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.82%), Iron: 0.32mg (1.79%), Vitamin B6: 0.03mg (1.45%), Potassium: 47.38mg (1.35%), Magnesium: 5.37mg (1.34%), Folate: 4.73µg (1.18%), Vitamin B12: 0.07µg (1.16%), Vitamin A: 55.97IU (1.12%), Vitamin B5: 0.1mg (1.03%)