



## Macaroni and Cheese Ham Pie

READY IN



70 min.

SERVINGS



6

CALORIES



397 kcal

### Ingredients

- 12 oz cheddar cheese shredded
- 1 cup finely-chopped ham cubed cooked
- 3.5 oz elbow macaroni uncooked
- 2.3 cups milk
- 2 eggs
- 0.3 teaspoon salt
- 1 serving parsley fresh chopped
- 0.5 cup frangelico

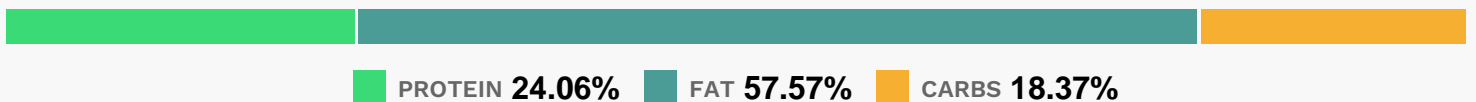
### Equipment

- bowl
- oven
- knife
- blender

## Directions

- Heat oven to 400°F. Spray 10-inch or 9 1/2-inch glass deep-dish pie plate with cooking spray.
- In large bowl, mix 2 cups of the cheese, the ham and uncooked macaroni.
- Spread in pie plate.
- In blender, place milk and eggs. Cover; blend on medium speed until smooth.
- Add Bisquick mix and salt; blend until smooth.
- Pour over mixture in pie plate.
- Bake 35 to 40 minutes or until knife inserted in center comes out clean.
- Sprinkle with remaining cheese.
- Bake 1 to 2 minutes longer or until cheese is melted.
- Let stand 10 minutes before serving.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:16.17, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:15.712173969849%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

## Nutrients (% of daily need)

Calories: 396.86kcal (19.84%), Fat: 25.29g (38.91%), Saturated Fat: 13.41g (83.84%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.6g (6.4%), Sugar: 5.09g (5.66%), Cholesterol: 135.99mg (45.33%), Sodium: 742.19mg

(32.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.57%), Calcium: 527.2mg (52.72%), Selenium: 36.47µg (52.1%), Phosphorus: 467.77mg (46.78%), Vitamin B2: 0.5mg (29.34%), Vitamin B12: 1.49µg (24.85%), Zinc: 3.31mg (22.04%), Vitamin A: 851.71IU (17.03%), Vitamin B1: 0.19mg (12.59%), Vitamin K: 12.63µg (12.03%), Vitamin D: 1.64µg (10.93%), Vitamin B5: 1.04mg (10.39%), Magnesium: 41.1mg (10.28%), Vitamin B6: 0.19mg (9.61%), Manganese: 0.18mg (8.76%), Potassium: 294.66mg (8.42%), Vitamin C: 5.27mg (6.39%), Folate: 23.36µg (5.84%), Vitamin B3: 1.1mg (5.48%), Copper: 0.1mg (5.03%), Vitamin E: 0.65mg (4.32%), Iron: 0.76mg (4.25%), Fiber: 0.55g (2.2%)