



Macaroni and Cheese Ham Pie

 Popular

READY IN



70 min.

SERVINGS



6

CALORIES



398 kcal

Ingredients

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

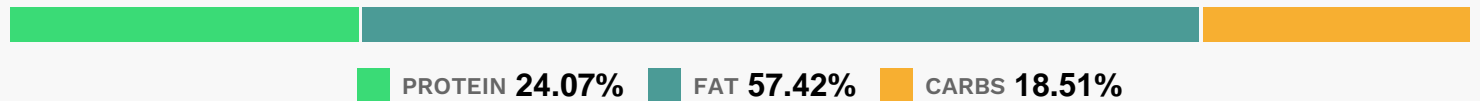
Equipment

- bowl
- oven
- knife
- blender

Directions

- Heat oven to 400F. 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:2.04, Inflammation Score:-7, Nutrition Score:18.725652083107%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 398.06kcal (19.9%), Fat: 25.32g (38.95%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 17.7g (6.44%), Sugar: 5.12g (5.69%), Cholesterol: 135.99mg (45.33%), Sodium: 744.06mg (32.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.88g (47.77%), Vitamin K: 67.3µg (64.09%), Calcium: 531.8mg (53.18%), Selenium: 36.47µg (52.1%), Phosphorus: 469.71mg (46.97%), Vitamin B2: 0.5mg (29.53%), Vitamin B12: 1.49µg (24.85%), Vitamin A: 1132.51IU (22.65%), Zinc: 3.34mg (22.28%), Vitamin B1: 0.19mg (12.78%), Vitamin C: 9.71mg (11.77%), Vitamin D: 1.64µg (10.93%), Magnesium: 42.77mg (10.69%), Vitamin B5: 1.05mg (10.52%), Vitamin B6: 0.2mg (9.76%), Manganese: 0.18mg (9.03%), Potassium: 313.13mg (8.95%), Folate: 28.42µg (7.11%), Vitamin B3: 1.14mg (5.7%), Iron: 0.97mg (5.4%), Copper: 0.11mg (5.27%), Vitamin E: 0.67mg (4.49%), Fiber: 0.66g (2.64%)