



Macaroni Pie

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



730 kcal

Ingredients

- 3 eggs
- 32 ounces elbow macaroni
- 3 cups milk
- 0.3 teaspoon salt
- 4 cups cheddar cheese shredded

Equipment

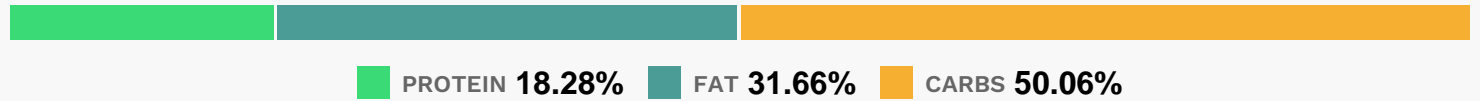
- oven
- knife
- pot

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook for 8 to 10 minutes or until al dente; drain.
- Beat eggs and milk together.
- Pour half of the cooked macaroni into 9x13 inch baking dish. Cover macaroni with half of the cheese.
- Pour remaining macaroni into baking dish leaving a little room at the top. Cover with remaining cheese.
- Pour egg mixture over macaroni.
- Sprinkle with salt.
- Bake in a preheated oven for an hour or until a knife inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:22.522173798603%

Nutrients (% of daily need)

Calories: 729.72kcal (36.49%), Fat: 25.42g (39.11%), Saturated Fat: 13.38g (83.63%), Carbohydrates: 90.44g (30.15%), Net Carbohydrates: 86.82g (31.57%), Sugar: 7.68g (8.53%), Cholesterol: 128.86mg (42.95%), Sodium: 507.19mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.06%), Selenium: 94.46µg (134.94%), Phosphorus: 598.18mg (59.82%), Calcium: 545.1mg (54.51%), Manganese: 1.05mg (52.7%), Vitamin B2: 0.52mg (30.52%), Zinc: 4.26mg (28.4%), Magnesium: 88.32mg (22.08%), Vitamin B12: 1.24µg (20.66%), Copper: 0.36mg (17.96%), Vitamin A: 803.46IU (16.07%), Fiber: 3.63g (14.51%), Vitamin B6: 0.28mg (14.19%), Vitamin B5: 1.32mg (13.16%), Potassium: 456.42mg (13.04%), Vitamin B1: 0.18mg (11.75%), Vitamin D: 1.68µg (11.17%), Vitamin B3: 2.07mg (10.33%), Iron: 1.85mg (10.3%), Folate: 40.03µg (10.01%), Vitamin E: 0.77mg (5.12%), Vitamin K: 1.79µg (1.71%)