

Mac 'N Mashtini

BobEvans.com

Servings: 4

12 ounces Bob Evans original
mashed potatoes (1/2 package)
10 ounces Bob Evans macaroni and
cheese (1/2 package)
8 ounces honey-glazed ham, diced or
chunks
1/2 cup cheddar cheese, shredded
1/4 cup toasted bread crumbs
4 teaspoons parsley, chopped

Preparation Time: 15 minutes

Prepare the mashed potatoes and macaroni and cheese by following the recommended microwaving instructions on the package.

Place two ounces of the macaroni and cheese in each of four martini glasses.

Sprinkle one teaspoon of the toasted bread crumbs over the macaroni and cheese.

Place three ounces of the mashed potatoes in each martini glass.

Sprinkle two tablespoons of the shredded cheddar cheese on top of the mashed potatoes.

Top with two ounces of ham, a teaspoon of macaroni and cheese and bread crumbs.

Garnish with the chopped parsley.

Per Serving (excluding unknown items): 58 Calories; 5g Fat (73.5% calories from fat); 4g Protein; trace Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 89mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	58	Vitamin B6 (mg):	trace
% Calories from Fat:	73.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	1.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.7%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 5g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 15mg
Carbohydrate (g): trace
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 89mg
Potassium (mg): 21mg
Calcium (mg): 104mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 215IU
Vitamin A (r.e.): 51 1/2RE

Folacin (mcg): 4mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 58 Calories from Fat: 42

% Daily Values*

Total Fat	5g	7%
Saturated Fat	3g	15%
Cholesterol	15mg	5%
Sodium	89mg	4%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	4g	
Vitamin A		4%
Vitamin C		3%
Calcium		10%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.