

Pumpkin Mac and Cheese

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-apple-recipe>

Ingredients:

- 1 box shells Annie's, and Real Aged Cheddar Mac and Cheese
- 1 tablespoon unsalted butter
- 1/2 apple peeled and diced
- 3 cups Swiss chard one bunch leaves only, chopped
- 1/2 cup pure pumpkin not pumpkin pie filling
- 1/2 cup shredded cheddar cheese
- 2 tablespoons milk + more if needed
- bacon bits cooked crispy, for garnish, optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 5 grams
8. Sodium: 210 milligrams
9. Sugar: 3 grams

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