



Baked Macaroni and Cheese Cupcakes

READY IN



98 min.

SERVINGS



8

CALORIES



466 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus cut into 3/4-inch pieces, blanched
- 0.3 teaspoon pepper black freshly ground for seasoning
- 2 cups breadcrumbs dried divided
- 2 cups broccoli chopped
- 1 cup cherry tomatoes quartered
- 8 ounces pd of ground turkey dark
- 0.5 teaspoon kosher salt for seasoning
- 1 tablespoon olive oil for drizzling
- 2 cups parmesan grated

- 8 ounces shells such as pennette, shells, or elbows
- 1.5 cups cheddar cheese white grated

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- sieve

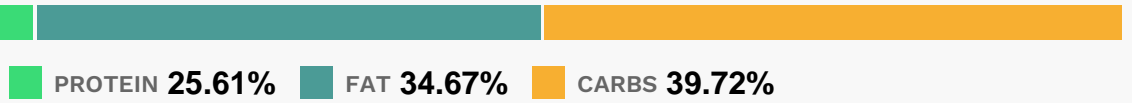
Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Spray 2 (12-cup) muffin or cupcake pans with vegetable cooking spray. Using 1 cup of the bread crumbs, coat the inside of each muffin cup with bread crumbs, shaking off any excess.
- In a medium skillet, heat 1 tablespoon of olive oil over medium-high heat.
- Add the ground turkey or chicken, 1/2 teaspoon salt, and 1/4 teaspoon pepper, Cook, stirring frequently, until cooked through, about 5 to 8 minutes. Set aside and cover to keep warm.
- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- Drain and add to a large bowl. Stir in the cooked turkey and the cheeses. Season with salt and pepper, to taste. Spoon the prepared pasta mixture into the cupcake molds, filling evenly to about 2/3 full. Arrange a few pieces of tomato, broccoli and asparagus into each cup. Top with a thin layer of the remaining bread crumbs and drizzle with olive oil.
- Bake until golden brown, about 15 to 20 minutes.
- Let cool for a few minutes and carefully unmold with a spoon onto a serving platter.
- *Cook's Note: To blanch vegetables, bring a large saucepan of salted water to a boil over high heat.

Add the vegetables and cook for 1 to 2 minutes until very crisp. Using a small strainer, remove the vegetables and immediately plunge into a bowl of iced water.

Drain and use.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:9.48, Inflammation Score:-8, Nutrition Score:24.693478190381%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 465.82kcal (23.29%), Fat: 18g (27.68%), Saturated Fat: 9g (56.28%), Carbohydrates: 46.37g (15.46%), Net Carbohydrates: 42.34g (15.4%), Sugar: 4.61g (5.12%), Cholesterol: 53.78mg (17.93%), Sodium: 908.7mg (39.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.82%), Selenium: 44.56µg (63.65%), Calcium: 528.39mg (52.84%), Phosphorus: 482.34mg (48.23%), Vitamin K: 50.45µg (48.05%), Manganese: 0.68mg (34.03%), Vitamin C: 27.05mg (32.78%), Vitamin B3: 5.9mg (29.49%), Vitamin B1: 0.42mg (28.24%), Vitamin B2: 0.44mg (26%), Vitamin B6: 0.46mg (22.91%), Folate: 88.24µg (22.06%), Vitamin A: 1071.76IU (21.44%), Zinc: 3.18mg (21.19%), Iron: 3.65mg (20.26%), Magnesium: 65.92mg (16.48%), Fiber: 4.03g (16.12%), Copper: 0.32mg (15.75%), Potassium: 464.62mg (13.27%), Vitamin B12: 0.76µg (12.73%), Vitamin B5: 1.03mg (10.28%), Vitamin E: 1.46mg (9.71%), Vitamin D: 0.37µg (2.44%)