



Crispy Mac and Cheese Cups

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



367 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 servings bell pepper black
- ☐ 1 pound butternut squash peeled cut into 1-inch cubes 3 cups
- ☐ 1 tablespoon canola oil
- ☐ 12 servings canola oil for drizzling
- ☐ 1 pinch big cayenne
- ☐ 1 pound whole-grain elbow macaroni such as barilla plus
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground mustard

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup lowfat milk 1-percent
- ☐ 1 slice whole-grain bread toasted
- ☐ 0.5 teaspoon onion powder
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 cup parsley chopped for garnish
- ☐ 0.5 cup pecorino cheese shredded
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2 tablespoons butter unsalted

Equipment

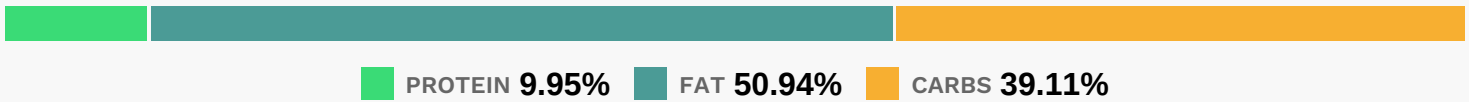
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: twelve 6-ounce ramekins
- ☐ For the butternut squash puree: Preheat the oven to 350 degrees F.
- ☐ Spread the squash out on a baking sheet and sprinkle with the oil, salt and pepper. Roast until tender, 25 minutes; allow to cool slightly.
- ☐ Transfer to a food processor and pulse until smooth. Measure out 1 1/2 cups puree.
- ☐ For the mac and cheese: Cook the pasta according to the package directions.
- ☐ Drain, reserving 1 cup of the pasta water, and transfer the cooked pasta back into the hot pot it was cooked in.

- ☐ Meanwhile, melt the butter in a large saucepan.
- ☐ Sprinkle in the flour and cook, stirring constantly, for 1 minute.
- ☐ Whisk in the milk and simmer until thickened; add the onion powder, salt, ground mustard and cayenne. Stir in the Cheddar, pecorino and 1 1/2 cups squash puree and cook until the cheese is melted.
- ☐ Pour the cheese sauce into the drained pasta and mix well. Slowly incorporate the reserved pasta water, mixing well, using about 3/4 cup depending on desired creaminess.
- ☐ Spray twelve 6-ounce ramekins with nonstick cooking spray; fill with about 3/4 cup of the pasta mixture and place on a large baking sheet.
- ☐ Put the bread in a food processor fitted with a steel blade and pulse until the bread is in fine crumbs.
- ☐ Mix the breadcrumbs with the Parmesan and sprinkle some of the mixture over each portion of pasta; drizzle each serving with a teaspoon of canola oil.
- ☐ Bake until the crust becomes golden and crispy, 12 minutes.
- ☐ Garnish with chopped parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:14.716521822888%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 366.81kcal (18.34%), Fat: 20.92g (32.18%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 33.92g (12.33%), Sugar: 3g (3.33%), Cholesterol: 15.61mg (5.2%), Sodium: 214.06mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.39%), Vitamin A: 4295.3IU (85.91%), Selenium: 27.77µg (39.67%), Vitamin K: 32.53µg (30.98%), Manganese: 0.5mg (25.04%), Vitamin E: 3.37mg (22.49%), Phosphorus: 171.56mg (17.16%), Calcium: 145.57mg (14.56%), Vitamin C: 9.63mg (11.67%), Magnesium: 41.77mg (10.44%), Fiber: 2.23g (8.9%), Potassium: 273.89mg (7.83%), Copper: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.15%), Zinc: 1.05mg (7%), Vitamin B6: 0.14mg (6.96%), Vitamin B3: 1.32mg (6.62%), Vitamin B2: 0.11mg (6.42%), Folate: 24.13µg (6.03%), Iron:

1.02mg (5.65%), Vitamin B5: 0.46mg (4.57%), Vitamin B12: 0.23µg (3.84%), Vitamin D: 0.3µg (2.03%)