



Deluxe Mini Mac & Cheese

READY IN



45 min.

SERVINGS



45

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 1.5 cups three cheese shredded with a touch of philadelphia, divided kraft
- 0.5 cup knudsen cream sour
- 1 eggs
- 1 Tbsp flour
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup milk

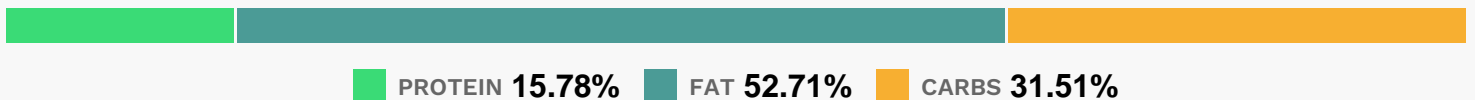
Equipment

- frying pan
- sauce pan
- oven
- whisk
- muffin tray

Directions

- Heat oven to 400F.
- Cook Macaroni in large saucepan as directed on package; drain. Do not return macaroni to pan.
- Melt butter in same saucepan on medium heat.
- Whisk in flour; cook and stir 1 min. Gradually stir in milk; cook 1 to 2 min. or until thickened, stirring frequently.
- Add Cheese Sauce; cook and stir on low heat 1 to 2 min. or until blended.
- Remove from heat.
- Add macaroni, egg, sour cream and 3/4 cup shredded cheese; mix well. Spoon into 12 muffin pan cups sprayed with cooking spray; sprinkle with remaining shredded cheese.
- Bake 13 to 15 min. or until golden brown. Cool 5 min. before removing from pan to serve.

Nutrition Facts



Properties

Glycemic Index:5.64, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:1.196521744213%

Nutrients (% of daily need)

Calories: 58.04kcal (2.9%), Fat: 3.41g (5.25%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.58g (1.67%), Sugar: 0.23g (0.26%), Cholesterol: 10.59mg (3.53%), Sodium: 99.47mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Phosphorus: 58.68mg (5.87%), Calcium: 46.06mg (4.61%), Selenium: 1.58µg (2.25%), Manganese: 0.04mg (2.18%), Zinc: 0.29mg (1.91%), Vitamin B2: 0.03mg (1.77%), Vitamin A: 79.11IU (1.58%), Iron: 0.22mg (1.2%), Magnesium: 4.76mg (1.19%), Vitamin B12: 0.07µg (1.16%)