



Fried Mac and Cheese Balls

READY IN



80 min.

SERVINGS



16

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups breadcrumbs italian progresso®
- ☐ 7 oz deluxe four-cheese macaroni and cheese dinner betty crocker®
- ☐ 16 servings milk for on mac & cheese box
- ☐ 16 servings cooking oil for frying
- ☐ 4 oz cheddar cheese shredded finely

Equipment

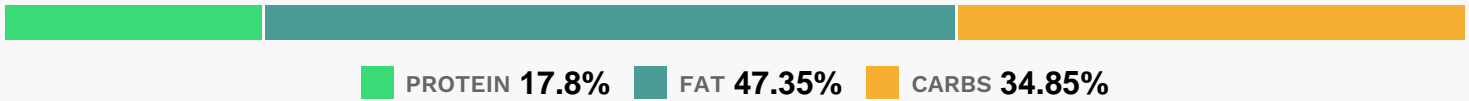
- ☐ baking sheet
- ☐ paper towels

- ☐ sauce pan
- ☐ baking paper
- ☐ measuring cup

Directions

- ☐ Make mac & cheese as directed on box. Stir in shredded cheese and 1/2 cup of the bread crumbs. Cover; refrigerate about 20 minutes or until firm.
- ☐ Line large cookie sheet with cooking parchment paper. Using 1/4-cup measuring cup, scoop mac & cheese mixture into balls; roll in remaining bread crumbs.
- ☐ Place on cookie sheet. Freeze 30 minutes.
- ☐ In deep fat fryer or heavy saucepan, heat 3 inches oil to 375°F. Fry balls in hot oil in small batches 1 to 2 minutes or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve hot with ranch dressing or barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:8.08, Inflammation Score:-4, Nutrition Score:11.267391168553%

Nutrients (% of daily need)

Calories: 281.49kcal (14.07%), Fat: 14.88g (22.89%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 24.19g (8.8%), Sugar: 12.39g (13.76%), Cholesterol: 36.37mg (12.12%), Sodium: 308.19mg (13.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Calcium: 386.74mg (38.67%), Phosphorus: 344.1mg (34.41%), Vitamin B2: 0.41mg (24.05%), Vitamin B12: 1.43µg (23.8%), Vitamin D: 2.73µg (18.18%), Vitamin B1: 0.24mg (15.77%), Selenium: 9.19µg (13.13%), Potassium: 415.74mg (11.88%), Zinc: 1.57mg (10.46%), Vitamin B5: 1mg (9.95%), Magnesium: 39.76mg (9.94%), Vitamin A: 466.3IU (9.33%), Vitamin B6: 0.17mg (8.3%), Manganese: 0.16mg (8.09%), Vitamin B3: 0.93mg (4.66%), Vitamin E: 0.67mg (4.49%), Iron: 0.76mg (4.21%), Vitamin K: 3.57µg (3.4%), Folate: 12.32µg (3.08%), Fiber: 0.46g (1.82%), Copper: 0.03mg (1.53%)