



Mac and Beer Cheese Cups



Vegetarian



Popular

READY IN



60 min.

SERVINGS



18

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 0.8 cup panko bread crumbs
- ☐ 8 oz elbow macaroni uncooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.8 cup lager such as a boston lager
- ☐ 4 oz processed cheese food shredded
- ☐ 10 oz cheddar cheese shredded extra-sharp

- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 Slices popped popcorn cooked

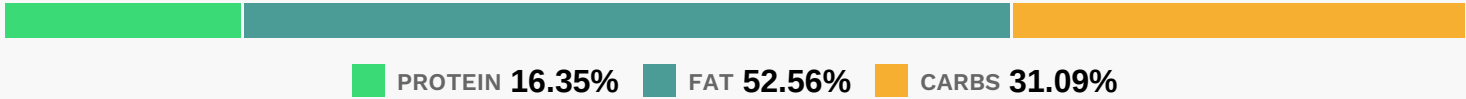
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place foil baking cup in each of 18 regular-size muffin cups. In small microwavable bowl, microwave 1 tablespoon of the butter uncovered on High 15 to 30 seconds or until melted. Stir in bread crumbs; set aside.
- ☐ Cook and drain macaroni as directed on package.
- ☐ Meanwhile, melt remaining 3 tablespoons butter in 4-quart saucepan over low heat. Stir in flour. Cook 1 minute, stirring with whisk. While continuing to stir, add milk and beer. Cook and stir 1 to 2 minutes or until thickened and smooth.
- ☐ Remove from heat; stir in cheeses, salt and pepper.
- ☐ Add cooked macaroni; stir well.
- ☐ Spoon about 1/4 cup macaroni into each cup. Top each with scant 1 tablespoon bread crumb mixture.
- ☐ Bake 25 to 30 minutes or until hot and topping is golden brown. Cool 5 minutes; remove from pan.
- ☐ Garnish with bratwurst or popcorn.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:1.47, Inflammation Score:-3, Nutrition Score:5.3726086979327%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 183.49kcal (9.17%), Fat: 10.55g (16.23%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.46g (4.89%), Sugar: 1.18g (1.31%), Cholesterol: 29.96mg (9.99%), Sodium: 380.83mg (16.56%), Alcohol: 0.38g (100%), Alcohol %: 0.78% (100%), Protein: 7.38g (14.77%), Selenium: 15.2µg (21.71%), Calcium: 198.52mg (19.85%), Phosphorus: 154.96mg (15.5%), Manganese: 0.16mg (8.01%), Vitamin B2: 0.13mg (7.53%), Zinc: 1.01mg (6.73%), Vitamin A: 311.82IU (6.24%), Vitamin B12: 0.33µg (5.54%), Vitamin B1: 0.06mg (4.07%), Magnesium: 16.03mg (4.01%), Folate: 12.64µg (3.16%), Vitamin B3: 0.56mg (2.8%), Copper: 0.05mg (2.73%), Iron: 0.44mg (2.43%), Vitamin B6: 0.05mg (2.35%), Fiber: 0.58g (2.31%), Potassium: 74.53mg (2.13%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.24µg (1.63%)