



Mac and Cheese Jalapeño Bites

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 1 eggs beaten
- 14 oz deluxe macaroni & cheese dinner kraft
- 2 tsp pickled jalapeño nacho drained chopped
- 2 cups ritz crackers divided crushed finely
- 50 servings vegetable oil
- 4 oz velveeta cut into 30 cubes ()
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Equipment

- baking sheet
- sauce pan
- deep fryer

Directions

- Prepare Dinner in large saucepan as directed on package. Stir in 1 cup cracker crumbs, egg, bacon and jalapeno peppers until blended. Cool 20 min.
- Shape into 30 balls, using scant 1/4 cup macaroni mixture for each ball. Insert 1 VELVEETA cube into center of each ball, completely enclosing VELVEETA cube.
- Roll in remaining cracker crumbs until evenly coated.
- Place in single layer on waxed paper-covered baking sheet.
- Heat oil to 375F in deep fryer.
- Add balls, a few at a time; cook 2 min. or until golden brown.
- Drain well.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:2.2952174401802%

Nutrients (% of daily need)

Calories: 171.61kcal (8.58%), Fat: 16.23g (24.96%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 5.32g (1.94%), Sugar: 0.2g (0.22%), Cholesterol: 4.44mg (1.48%), Sodium: 95.52mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin K: 26.99µg (25.7%), Vitamin E: 1.25mg (8.35%), Phosphorus: 42.31mg (4.23%), Manganese: 0.05mg (2.54%), Iron: 0.3mg (1.67%), Calcium: 16mg (1.6%), Vitamin B1: 0.02mg (1.07%), Selenium: 0.74µg (1.06%), Zinc: 0.15mg (1.02%)