



Mac & Cheese Nuggets

READY IN



45 min.

SERVINGS



48

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound processed cheese food chopped
- ☐ 1.5 teaspoons butter
- ☐ 8 oz elbow macaroni cooked
- ☐ 1 egg yolk beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 cup parmesan cheese divided grated
- ☐ 1.3 cups cheddar cheese shredded

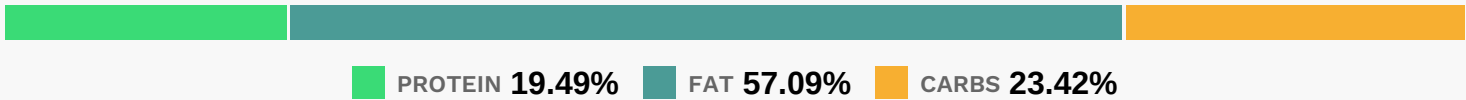
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Lightly grease mini muffin cups.
- ☐ Sprinkle with 2 tablespoons Parmesan cheese, tapping out excess. Melt butter in a large saucepan over medium heat. Stir in flour; cook for 2 minutes.
- ☐ Whisk in milk until boiling, about 5 minutes.
- ☐ Add Cheddar and American cheeses; remove from heat and stir until smooth.
- ☐ Whisk in egg yolk and paprika; fold in macaroni until well coated. Spoon rounded tablespoons of mixture into prepared tins; sprinkle with remaining Parmesan.
- ☐ Bake at 425 degrees until hot and golden, about 10 minutes. Cool for 5 minutes; carefully transfer to a serving plate.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:1.2021739094154%

Nutrients (% of daily need)

Calories: 36.21kcal (1.81%), Fat: 2.29g (3.53%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.28g (0.31%), Cholesterol: 10.6mg (3.53%), Sodium: 70.53mg (3.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Calcium: 55.71mg (5.57%), Selenium: 3.13µg (4.47%), Phosphorus: 40.38mg (4.04%), Vitamin B2: 0.03mg (1.78%), Vitamin B12: 0.1µg (1.7%), Zinc: 0.24mg (1.6%), Vitamin A: 76.94IU (1.54%)