



Mac 'n' Cheese Minis

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken broth
- ☐ 8 ounces elbow macaroni cooked (such as elbow macaroni)
- ☐ 2 teaspoons cornstarch
- ☐ 1 clove garlic halved
- ☐ 0.3 cup gruyere cheese grated
- ☐ 1 juice of lemon divided
- ☐ 0.3 cup brandy (or cherry brandy)

- ☐ 0.8 cup swiss cheese grated
- ☐ 0.1 teaspoons nutmeg freshly grated
- ☐ 2 tablespoons seasoned bread crumbs

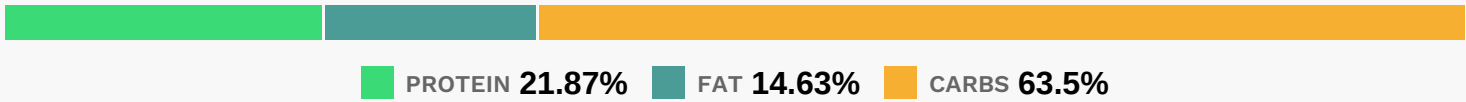
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ ramekin

Directions

- ☐ Heat oven to 400°F.
- ☐ Pour 1/2 the lemon juice into a mug or bowl and stir in cornstarch. Rub inside of a saucepan with garlic; cut clove halves into pieces and add to pan.
- ☐ Add broth, kirsch and nutmeg. Bring to a slow boil over medium-high heat.
- ☐ Add cheeses. Reduce heat to medium, stirring until cheese melts, 2 to 3 minutes. (
- ☐ Mixture will separate.) Stir in juice-cornstarch mixture, cooking until sauce comes together, 30 seconds. Stir in pasta and spoon into 8 small ramekins or espresso cups. Top with breadcrumbs; transfer to a baking sheet.
- ☐ Bake, uncovered, until tops bubble, 8 to 10 minutes.
- ☐ Remove from oven; transfer ramekins to a wire rack to cool, 4 to 5 minutes. Toss arugula, remaining lemon juice and pepper in a bowl. Top each mac 'n' cheese with salad.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:5.9960870218018%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 172.27kcal (8.61%), Fat: 2.48g (3.82%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 23.16g (8.42%), Sugar: 1.27g (1.41%), Cholesterol: 8.4mg (2.8%), Sodium: 140.1mg (6.09%), Alcohol: 2.51g (100%), Alcohol %: 4.26% (100%), Protein: 8.36g (16.71%), Selenium: 20.56µg (29.37%), Manganese: 0.31mg (15.66%), Calcium: 155.16mg (15.52%), Phosphorus: 147.46mg (14.75%), Zinc: 1.02mg (6.83%), Magnesium: 23.07mg (5.77%), Vitamin B2: 0.09mg (5.15%), Copper: 0.1mg (5.02%), Fiber: 1.11g (4.43%), Vitamin B12: 0.25µg (4.13%), Vitamin B1: 0.06mg (4.03%), Vitamin K: 4.12µg (3.93%), Vitamin B3: 0.7mg (3.49%), Iron: 0.58mg (3.23%), Vitamin B6: 0.06mg (3.22%), Folate: 12.31µg (3.08%), Potassium: 101.5mg (2.9%), Vitamin C: 2.01mg (2.44%), Vitamin A: 119.4IU (2.39%), Vitamin B5: 0.18mg (1.81%)