



Macaroni-and-Pimiento Cheese Bites

 Very Healthy

READY IN



530 min.

SERVINGS



1

CALORIES



3485 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 2 large eggs lightly beaten
- ☐ 8 oz elbow macaroni
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup milk

- ☐ 2 cups milk
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 4 oz pimientos diced drained
- ☐ 1 teaspoon salt
- ☐ 8 oz block sharp cheddar cheese shredded
- ☐ 1 serving vegetable oil

Equipment

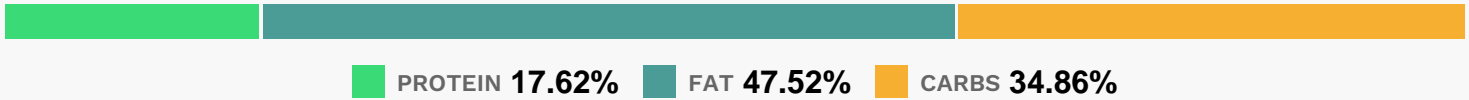
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium heat. Gradually whisk in flour until smooth; cook, whisking constantly, 1 minute. Gradually whisk in 2 cups milk and next 3 ingredients; cook, whisking constantly, 3 to 5 minutes or until thickened. Stir in Cheddar cheese and pimiento until melted and smooth.
- ☐ Remove from heat, and stir in pasta.
- ☐ Line a 13- x 9-inch pan with plastic wrap, allowing several inches to extend over edges of pan.
- ☐ Pour mixture into prepared pan. Cool slightly; cover and chill 8 hours.
- ☐ Remove macaroni mixture from pan, and cut into 1-inch squares.
- ☐ Stir together breadcrumbs and Parmesan cheese in a shallow dish or pie plate.
- ☐ Whisk together eggs and 1/2 cup milk in another shallow dish or pie plate; dip macaroni bites in egg mixture, and dredge in breadcrumb mixture.
- ☐ Pour oil to depth of 1 inch in a large skillet; heat to 35
- ☐ Fry bites, in batches, 2 minutes on each side or until golden.
- ☐ Golden

- ☐
- Baked Macaroni and Pimiento Cheese: Prepare recipe as directed through Step
- ☐
- Pour macaroni mixture into a lightly greased 13- x 9-inch baking dish; do not chill. Omit eggs and 1/2 cup milk. Stir together breadcrumbs and Parmesan cheese; sprinkle over mixture. Omit oil.
- ☐
- Bake at 350 for 15 to 20 minutes or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:310, Glycemic Load:31.65, Inflammation Score:-10, Nutrition Score:77.823043491529%

Nutrients (% of daily need)

Calories: 3484.67kcal (174.23%), Fat: 183.74g (282.67%), Saturated Fat: 95.1g (594.37%), Carbohydrates: 303.2g (101.07%), Net Carbohydrates: 288.67g (104.97%), Sugar: 45.52g (50.58%), Cholesterol: 827.55mg (275.85%), Sodium: 6391.89mg (277.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 153.28g (306.55%), Selenium: 307.85µg (439.79%), Calcium: 3293.79mg (329.38%), Phosphorus: 2961.28mg (296.13%), Vitamin B2: 3.28mg (192.75%), Vitamin A: 8717.8IU (174.36%), Manganese: 3.3mg (165%), Vitamin C: 118.32mg (143.42%), Zinc: 20.28mg (135.21%), Vitamin B12: 7.96µg (132.59%), Vitamin B1: 1.73mg (115.3%), Magnesium: 344.48mg (86.12%), Vitamin B6: 1.51mg (75.55%), Folate: 293.71µg (73.43%), Iron: 13.19mg (73.27%), Vitamin D: 10.45µg (69.64%), Vitamin B5: 6.61mg (66.11%), Potassium: 2307.55mg (65.93%), Vitamin B3: 12.88mg (64.42%), Copper: 1.16mg (58.18%), Fiber: 14.52g (58.1%), Vitamin K: 55.17µg (52.54%), Vitamin E: 7mg (46.64%)