



Prosciutto-Wrapped Macaroni and Cheese Cups

READY IN



90 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 teaspoons dijon mustard
- 8 ounces elbow macaroni
- 1 tablespoon flour all-purpose
- 1 teaspoon kosher salt plus more for salting the pasta cooking water
- 4 ounces monterrey jack cheese shredded
- 0.3 cup panko bread crumbs
- 3 ounces pancetta very thin

- 2 ounces sharp cheddar cheese shredded
- 3 tablespoons butter unsalted
- 1.3 cups milk whole

Equipment

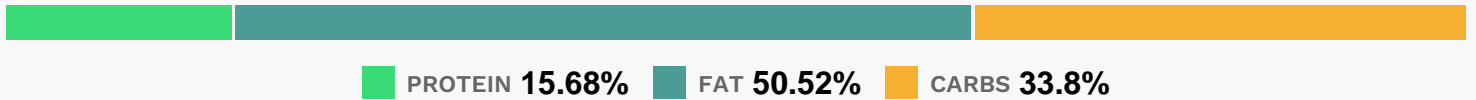
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- muffin tray

Directions

- Heat the oven to 375°F and arrange a rack in the middle. Bring a large saucepan (about 4 quarts) of heavily salted water to a boil over high heat.
- Add the pasta and cook according to the package directions. When the pasta is al dente, reserve 1/4 cup of the cooking water, then drain. Meanwhile, cut the prosciutto in half crosswise.
- Place 1 slice in each well of a 12-well muffin pan, pressing the prosciutto evenly into the bottom and up the sides of each well; set aside. Melt 1 tablespoon of the butter in a small frying pan over medium heat until foaming.
- Add the panko and cook, stirring occasionally, until light golden brown, about 4 minutes.
- Remove the pan from the heat and set aside. While the pasta is draining, rinse the saucepan and wipe it dry. Melt the remaining 2 tablespoons of butter in the saucepan over medium-low heat until foaming.
- Add the flour and whisk until smooth. Cook, whisking occasionally, until the flour has darkened slightly in color, about 2 to 3 minutes.
- Add the milk very slowly, whisking it into the flour-butter mixture. Continue cooking, whisking constantly to smooth out any lumps, until the mixture simmers and thickens, about 6 to 7 minutes.

- Remove the saucepan from the heat.
- Add the reserved pasta water, cheeses, mustard, measured salt, and pepper and whisk until the cheese has melted and the mixture is smooth.
- Add the drained pasta and stir to combine. Divide the pasta mixture among the wells of the prepared muffin pan and sprinkle with the toasted panko. Cook until the edges of the mac 'n' cheese cups are bubbling slightly and the tops are light golden brown, about 25 to 30 minutes.
- Remove the muffin pan to a wire rack and let it cool for 5 minutes. Run a small knife around the perimeter of each well to loosen and remove the prosciutto cups.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.86, Inflammation Score:-2, Nutrition Score:5.4904348331949%

Nutrients (% of daily need)

Calories: 202.35kcal (10.12%), Fat: 11.32g (17.41%), Saturated Fat: 6g (37.48%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.31g (5.93%), Sugar: 1.88g (2.09%), Cholesterol: 28.39mg (9.46%), Sodium: 355.54mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Selenium: 17.34µg (24.77%), Calcium: 143.59mg (14.36%), Phosphorus: 139.58mg (13.96%), Manganese: 0.21mg (10.31%), Vitamin B2: 0.12mg (7.04%), Zinc: 0.94mg (6.28%), Vitamin B12: 0.31µg (5.19%), Vitamin A: 252.17IU (5.04%), Vitamin B1: 0.07mg (4.8%), Magnesium: 18.94mg (4.73%), Vitamin B3: 0.77mg (3.85%), Vitamin B6: 0.07mg (3.72%), Copper: 0.07mg (3.44%), Potassium: 111.64mg (3.19%), Vitamin D: 0.45µg (2.97%), Fiber: 0.73g (2.9%), Vitamin B5: 0.27mg (2.71%), Iron: 0.46mg (2.56%), Folate: 8.74µg (2.18%), Vitamin E: 0.21mg (1.4%)