

Mac and Cheese Cups

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Servings: 16

1 box (16 ounce) elbow macaroni
2 tablespoons unsalted butter
2 tablespoons all-purpose flour
2 1/2 cups milk
1 tablespoon Dijon mustard
2 teaspoons onion powder
1/4 teaspoon salt
1/4 teaspoon pepper
pinch nutmeg
pinch cayenne
1/4 pound sliced American cheese
1 bag (8 ounce) cheddar cheese, shredded
1 egg, lightly beaten

Preparation Time: 15 minutes

Bake: 18 minutes

Preheat the oven to 375 degrees.

Bring a large pot of lightly salted water to a boil. Add the macaroni and cook for 8 minutes or as per package directions. Drain and return to the pot.

Meanwhile, in a saucepan over medium heat, melt the butter. Add the flour and cook for 1 minute. Whisk in the milk in a thin stream. Whisk in the mustard, onion powder, salt, pepper, nutmeg and cayenne. Bring to a simmer and cook for 3 minutes, stirring occasionally.

Remove from the heat and whisk in the American cheese and one cup of the cheddar cheese. Whisk a little of the cheese sauce into the egg to temper. Whisk the egg mixture back into the cheese sauce.

Stir the sauce into the macaroni. Coat the indents of sixteen standard muffin cups with nonstick cooking spray. Divide the macaroni among the prepared cups. Top each with one tablespoon of the remaining cheddar cheese.

Bake for 18 minutes until lightly browned. Cool slightly before running a thin spatula around the edge and spooning out of the pans.

Per Serving (excluding unknown items): 88 Calories; 5g Fat (56.1% calories from fat); 4g Protein; 6g Carbohydrate; trace Dietary Fiber; 30mg Cholesterol; 113mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	88	Vitamin B6 (mg):	trace
% Calories from Fat:	56.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	25.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	7mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	30mg	% Refused:	0%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	113mg	Vegetable:	0
Potassium (mg):	80mg	Fruit:	0
Calcium (mg):	102mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	193IU		
Vitamin A (r.e.):	55RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 88 Calories from Fat: 49

% Daily Values*

Total Fat 5g	8%
Saturated Fat 3g	16%
Cholesterol 30mg	10%
Sodium 113mg	5%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 4g	
Vitamin A	4%
Vitamin C	1%
Calcium	10%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.