

Mini Mac and Cheese Cups

Yield: 13 servings (39 individual mac and cheese cups) | **Serving Size:** 3 mac and cheese cups

Child Nutrition: 2.25 meat/meat alternate, 1 oz. eq. grain | | **HACCP Process III.**



Ingredients

- 1 (5-pound) pouch | Land O Lakes® 25% Reduced Sodium, 50% Reduced Fat Macaroni & Cheese
- 26 ounces | Liquid eggs

Preparation

STEP 1

Thoroughly spray 2 (24-cup) muffin pans with release spray. Set aside.

STEP 2

Combine macaroni and cheese and liquid eggs in large bowl; mix well.

STEP 3

Portion mac and cheese mixture evenly among 39 prepared muffin cups using #16 scoop.

STEP 4

Bake at 350°F for 13-15 minutes or until cups reach 165°F for 15 seconds and centers are set.

CCP: Heat to 165°F for at least 15 seconds

STEP 5

Remove from oven; run offset spatula around edges of cups to loosen. Leave cups in pan 5 minutes before removing.

STEP 6

Hold macaroni and cheese cups warm until ready to serve.

CCP: Maintain hot food at 140°F or above

Nutritional Information

Serving Size		3 mac and cheese cups	
Calories	344 calories	Dietary Fiber	2 grams
Fat	15 grams	Sugars	0 grams
Sat. Fat	6 grams	Protein	23 grams
Trans Fat	0 grams	Vitamin A	1005 IU
Cholesterol	193 milligrams	Vitamin C	0 milligrams
Sodium	824 milligrams	Calcium	410 milligrams
Carbohydrates	30 grams	Iron	1.62 milligrams