



WHATSheATE



Easy Mac and Cheese Muffins



Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 2 cups elbow macaroni uncooked
- ☐ 1 cup milk
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup seasoned bread crumbs dry
- ☐ 1.5 cups sharp cheddar cheese shredded

☐ 1.5 cups mozzarella cheese shredded

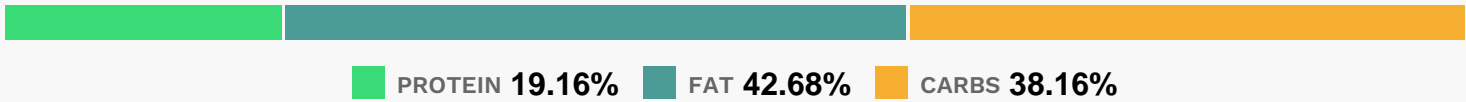
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a muffin tin with nonstick cooking spray. In a small bowl, stir together the bread crumbs, olive oil and salt; set aside.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the macaroni and cook for about 8 minutes, it should still be a little bit firm.
- ☐ Remove from the heat, drain and return to the pan; stir in the butter and egg until pasta is evenly coated. Reserve 1/2 cup of sharp Cheddar cheese and stir the remaining Cheddar cheese, milk and mozzarella cheese into the pasta. Spoon into the prepared muffin tin.
- ☐ Sprinkle the reserved cheese and the bread crumb mixture over the tops.
- ☐ Bake for 30 minutes in the preheated oven, or until the topping is nicely browned. Allow the muffins to cool for a few minutes before removing from the pan. This will allow the cheese to set and they will hold their muffin shape.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:7.7117391526699%

Nutrients (% of daily need)

Calories: 237.05kcal (11.85%), Fat: 11.17g (17.18%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 21.48g (7.81%), Sugar: 2.09g (2.33%), Cholesterol: 43.82mg (14.61%), Sodium: 365.7mg (15.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Selenium: 23.88µg (34.12%), Calcium: 211.97mg

(21.2%), Phosphorus: 195.28mg (19.53%), Manganese: 0.27mg (13.54%), Vitamin B2: 0.18mg (10.7%), Vitamin B12: 0.63µg (10.51%), Zinc: 1.46mg (9.73%), Vitamin A: 327.72IU (6.55%), Magnesium: 24.19mg (6.05%), Vitamin B1: 0.09mg (6.02%), Copper: 0.09mg (4.44%), Fiber: 0.99g (3.97%), Folate: 15.85µg (3.96%), Iron: 0.7mg (3.9%), Vitamin B3: 0.75mg (3.76%), Vitamin B6: 0.08mg (3.76%), Potassium: 120.97mg (3.46%), Vitamin B5: 0.34mg (3.43%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.44µg (2.92%), Vitamin E: 0.34mg (2.29%)