



## Gluten-Free Mini Mac and Cheese Cakes

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



252 kcal

### Ingredients

- 1 cup macaroni gluten-free uncooked
- 3 cups cornflakes crushed finely
- 10 oz cheddar cheese shredded
- 5 tablespoons butter unsalted melted
- 1 tablespoon flour blend gluten-free
- 1 cup milk whole warmed
- 1 egg yolk slightly beaten
- 0.3 teaspoon salt
- 1 egg whites dry beaten

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- muffin liners

## Directions

- Cook and drain macaroni as directed on package.
- Move oven rack to lower third of oven.
- Heat oven to 350°F. Lightly grease 12 regular-size muffin cups.
- In medium bowl, mix crushed cereal, 1 cup of the cheese and 4 tablespoons of the melted butter. Divide mixture among muffin cups; press firmly in bottom and up sides of cups with spoon.
- In 3-quart saucepan, stir together remaining 1 tablespoon melted butter and flour blend with whisk; cook over medium heat 1 minute. Gradually stir in warmed milk with whisk; cook and stir about 5 minutes or until thickened.
- Remove from heat; stir in 1 cup of the cheese until melted. Stir in cooked macaroni, egg yolk and salt. Fold in beaten egg white. Spoon about 1/4 cup mixture into each crust-lined cup. Top with remaining 1/2 cup cheese.
- Bake about 20 minutes or until golden and puffed. Cool 5 minutes; remove from pan.
- Serve warm.

## Nutrition Facts

 PROTEIN **14.29%**  FAT **50.82%**  CARBS **34.89%**

## Properties

Glycemic Index:5.42, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:6.910434772139%

## Nutrients (% of daily need)

Calories: 251.51kcal (12.58%), Fat: 14.4g (22.16%), Saturated Fat: 8.24g (51.51%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 21.6g (7.86%), Sugar: 1.77g (1.97%), Cholesterol: 54.81mg (18.27%), Sodium: 278.06mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Calcium: 196.32mg (19.63%), Vitamin B2: 0.26mg (15.27%), Phosphorus: 143.5mg (14.35%), Iron: 2.38mg (13.19%), Selenium: 9.05µg (12.93%), Vitamin B12: 0.75µg (12.53%), Vitamin A: 562.08IU (11.24%), Folate: 32.42µg (8.1%), Vitamin B6: 0.16mg (7.98%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.06mg (7.07%), Vitamin B3: 1.29mg (6.46%), Vitamin D: 0.79µg (5.24%), Magnesium: 12.02mg (3%), Fiber: 0.65g (2.6%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.25mg (2.45%), Potassium: 67.57mg (1.93%), Vitamin C: 1.47mg (1.78%), Copper: 0.02mg (1.23%)