

Healthy Greek Yogurt Mac and Cheese (Gluten-Free)!

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-mac-and-cheese-recipe>

Ingredients:

- 1 package elbow macaroni
- 2 tablespoons tapioca flour
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 3/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons butter
- 1 cup 2% milk
- 1 cup plain Greek yogurt
- 2 cups shredded cheddar cheese
- 2 tablespoons grated Parmesan cheese
- 1/2 cup shredded cheddar cheese
- 1/4 cup almond meal /flour
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Protein: 10 grams
6. SaturatedFat: 8 grams
7. Sodium: 410 milligrams
8. Sugar: 3 grams

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