



Baked Macaroni with Pepperoni

READY IN



60 min.

SERVINGS



8

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce tomato sauce canned
- 3 cups elbow macaroni uncooked
- 8 servings garlic powder to taste
- 8 servings onion powder to taste
- 25 slices pepperoni
- 8 servings salt and pepper to taste
- 0.5 pound sharp cheddar cheese shredded
- 0.5 pound cheddar cheese shredded
- 12 ounce canned tomatoes canned

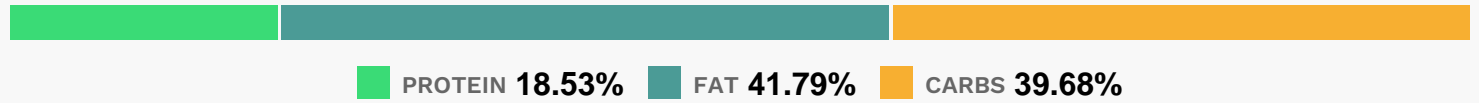
Equipment

- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook for 8 to 10 minutes or until al dente; drain.
- In a 9x13 inch baking dish combine cooked macaroni, tomato sauce, tomato paste, cheeses, pepperoni, salt, pepper, onion powder and garlic powder.
- Bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:2.33, Inflammation Score:-7, Nutrition Score:18.644347854283%

Nutrients (% of daily need)

Calories: 498.16kcal (24.91%), Fat: 23.29g (35.82%), Saturated Fat: 12.19g (76.17%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 45.98g (16.72%), Sugar: 5.62g (6.24%), Cholesterol: 62.76mg (20.92%), Sodium: 993.92mg (43.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.47%), Selenium: 52.49µg (74.99%), Calcium: 441.8mg (44.18%), Phosphorus: 413.34mg (41.33%), Manganese: 0.71mg (35.28%), Zinc: 3.34mg (22.29%), Vitamin B2: 0.36mg (21.27%), Vitamin A: 905.06IU (18.1%), Copper: 0.34mg (17.06%), Magnesium: 64.71mg (16.18%), Vitamin B6: 0.31mg (15.62%), Fiber: 3.76g (15.04%), Potassium: 516.53mg (14.76%), Vitamin E: 1.92mg (12.79%), Iron: 2.16mg (12.02%), Vitamin B3: 2.34mg (11.71%), Vitamin B12: 0.68µg (11.37%), Vitamin C: 8.15mg (9.88%), Vitamin B1: 0.14mg (9.58%), Folate: 34.35µg (8.59%), Vitamin B5: 0.86mg (8.57%), Vitamin K: 5.67µg (5.4%), Vitamin D: 0.42µg (2.81%)