



WHATSheATE



Fully Loaded Pizza Macaroni and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



1374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces processed cheese food diced grated
- ☐ 0.3 cup olives black sliced
- ☐ 1 cup canned tomatoes whole canned drained roughly chopped
- ☐ 2 teaspoons cornstarch
- ☐ 2 eggs
- ☐ 0.5 pound elbow macaroni
- ☐ 12 ounce evaporated milk canned
- ☐ 0.3 cup basil fresh roughly chopped
- ☐ 0.5 pound ground sausage sweet italian hot

- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 1 ounces parmesan cheese grated
- ☐ 0.3 cup pepperoncini peppers sliced
- ☐ 0.3 pound pepperoni split cut into 1/2-inch chunks
- ☐ 6 ounces mozzarella cheese diced whole grated
- ☐ 0.3 pound soppressata hot cut into 1/2-inch cubes
- ☐ 3 tablespoons butter unsalted
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

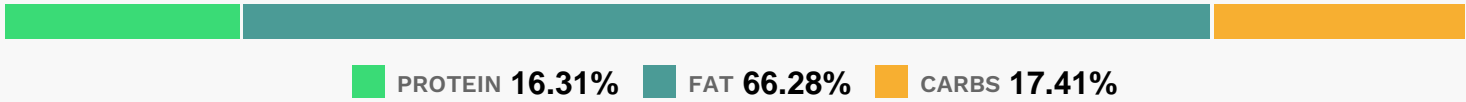
- ☐ Combine cornstarch, evaporated milk, and eggs in a medium bowl and whisk until homogenous. Set aside.
- ☐ Heat oil in a large skillet over medium-high heat until shimmering.
- ☐ Add sausage and cook, breaking up with a wooden spoon, until no longer pink, about 4 minutes.
- ☐ Add pepperoni and soppressata and continue cooking, stirring frequently, until meat is starting to brown and crisp around the edges, about 4 minutes longer.
- ☐ Drain off all but 2 tablespoons fat and transfer to a large bowl.
- ☐ Add tomatoes, olives, and pepperoncini to bowl and set aside.
- ☐ Cook pasta in a large stock pot in salted water according to package directions.
- ☐ Drain, reserving 1 cup pasta cooking water. Return to stock pot and add cooking water, butter, evaporated milk mixture, and all three cheeses. Cook over low heat, stirring constantly, until cheese is melted and pasta is creamy and smooth. Stir in sausage/olive/tomato mixture. Stir

in basil, reserving some for garnish.

☐

Transfer to serving bowl, top with remaining basil, drizzle with olive oil, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:38.857826357302%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 1373.86kcal (68.69%), Fat: 101.01g (155.41%), Saturated Fat: 41.75g (260.96%), Carbohydrates: 59.67g (19.89%), Net Carbohydrates: 56.68g (20.61%), Sugar: 13.17g (14.64%), Cholesterol: 304.35mg (101.45%), Sodium: 2949.14mg (128.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.94g (111.88%), Selenium: 92.62µg (132.32%), Calcium: 1016.67mg (101.67%), Phosphorus: 999.35mg (99.94%), Vitamin B12: 3.73µg (62.19%), Vitamin B2: 0.95mg (55.99%), Vitamin B1: 0.82mg (54.63%), Zinc: 7.37mg (49.15%), Manganese: 0.86mg (43.05%), Vitamin B6: 0.73mg (36.65%), Vitamin B3: 6.63mg (33.17%), Vitamin A: 1543.92IU (30.88%), Vitamin E: 4.42mg (29.45%), Potassium: 987.57mg (28.22%), Magnesium: 104.47mg (26.12%), Vitamin K: 26.6µg (25.33%), Vitamin B5: 2.41mg (24.12%), Iron: 3.98mg (22.1%), Copper: 0.4mg (20.18%), Vitamin C: 15.01mg (18.19%), Folate: 49.31µg (12.33%), Fiber: 2.99g (11.96%), Vitamin D: 1.51µg (10.08%)