



HEALTH SCORE

69%

## Mac Attack Burger



Very Healthy



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup all purpose flour
- ☐ 2 servings bacon
- ☐ 2 servings premade beef patty
- ☐ 1 eggs
- ☐ 2 cups elbow macaroni
- ☐ 0.5 tsp garlic powder
- ☐ 2 servings lettuce
- ☐ 2 servings mustard/ketchup

- ☐ 1 tsp ground mustard
- ☐ 0.5 tsp onion powder
- ☐ 1 cup panko bread crumbs italian
- ☐ 1 tsp pepper flakes red
- ☐ 0.5 cup sharp cheddar cheese cut into small cubes ( 1/4 inch by 1/4 inch)
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 2 cups skim milk
- ☐ 2 servings tomatoes

## Equipment

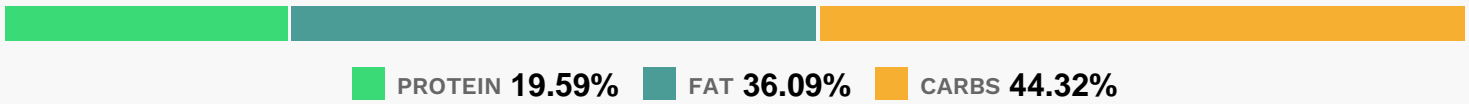
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ ramekin
- ☐ stove

## Directions

- ☐ Boil the milk in a pot and add in the elbow noodles. Cook until al dente at a low boil, stirring constantly so that the milk does not burn. Turn off the stove and add in the shredded cheese, garlic, mustard, onion and pepper flakes and stir until cheese is completely melted.
- ☐ Add in the cheese cubes and stir to distribute but do not let them melt.
- ☐ Pour macaroni and cheese in an 8 x 8 dish. Cover top with plastic wrap and press down on macaroni to compress it.
- ☐ Add something to add weight on top and then place in fridge for several hours or overnight.
- ☐ When ready to make, cut out burger buns with ramekins, glass cups, or biscuit cutter rounds about the size of a full burger bun. Turn stove to medium high heat and add in about 1/2 inch to 1 inch of oil to a sauce pan being used for frying. Meanwhile, beat egg and place in a medium bowl. In another bowl, add flour. In another bowl add the bread crumbs.

- ☐
- Take noodle bun and coat in egg, then flour and then bread crumbs. Repeat so that it is double coated in each.
- ☐
- Add to oil and fry on each side for about 30 seconds to 1 minute or until breading becomes brown and crisp.
- ☐
- Remove from oil and repeat with remaining noodle buns.
- ☐
- Add your favorite burger ingredients to your buns. I used premade burger patties, tomato slices, lettuce, ketchup and bacon.

Nutrition Facts



Properties

Glycemic Index:134.63, Glycemic Load:41.62, Inflammation Score:-10, Nutrition Score:63.355651689612%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 1823.88kcal (91.19%), Fat: 72.66g (111.78%), Saturated Fat: 33.56g (209.74%), Carbohydrates: 200.73g (66.91%), Net Carbohydrates: 189.14g (68.78%), Sugar: 25.35g (28.17%), Cholesterol: 276.6mg (92.2%), Sodium: 1419.55mg (61.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.71g (177.43%), Selenium: 186.35µg (266.22%), Phosphorus: 1483.2mg (148.32%), Calcium: 1283.36mg (128.34%), Manganese: 2.43mg (121.32%), Vitamin B2: 1.71mg (100.32%), Zinc: 13.92mg (92.79%), Vitamin B12: 5.35µg (89.1%), Vitamin B1: 1.32mg (88.27%), Vitamin A: 4005.54IU (80.11%), Vitamin B3: 15.03mg (75.17%), Folate: 273.23µg (68.31%), Iron: 10.27mg (57.05%), Magnesium: 221.27mg (55.32%), Potassium: 1913.55mg (54.67%), Vitamin B6: 1.05mg (52.36%), Fiber: 11.59g (46.37%), Copper: 0.88mg (43.86%), Vitamin K: 41.97µg (39.97%), Vitamin B5: 3.48mg (34.76%), Vitamin C: 27.4mg (33.21%), Vitamin D: 3.9µg (26.01%), Vitamin E: 2.98mg (19.85%)