



Maca-Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces elbow macaroni hot cooked
- 2 large eggs lightly beaten
- 1 teaspoon vegetable oil; peanut oil preferred
- 1.5 ounces pepperoni sliced
- 7 ounce pizza sauce
- 4 ounce process american cheese cut into thin strips
- 8 ounces mozzarella cheese shredded

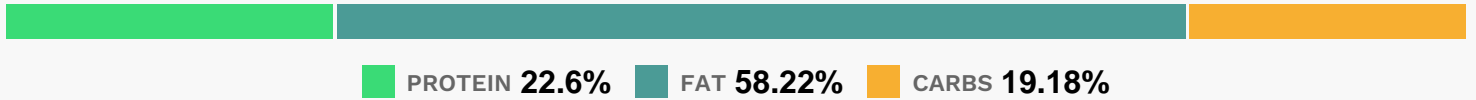
Equipment

- bowl
- frying pan
- oven
- pizza pan

Directions

- Stir together hot macaroni and American cheese in a large bowl until cheese melts. Cool. Stir in eggs.
- Brush peanut oil on a 12-inch pizza pan with sides.
- Spread macaroni mixture evenly in pan.
- Bake at 350 for 10 minutes.
- Spread with sauce; top with mozzarella cheese and pepperoni.
- Bake 15 more minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:88.33, Glycemic Load:19.38, Inflammation Score:-8, Nutrition Score:32.641739244046%

Nutrients (% of daily need)

Calories: 949.87kcal (47.49%), Fat: 61.32g (94.34%), Saturated Fat: 31.06g (194.12%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 41.93g (15.25%), Sugar: 6.8g (7.56%), Cholesterol: 352.91mg (117.64%), Sodium: 2536.84mg (110.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.57g (107.14%), Calcium: 1219.03mg (121.9%), Selenium: 82.78µg (118.26%), Phosphorus: 990.03mg (99%), Vitamin B12: 4.16µg (69.29%), Vitamin B2: 0.82mg (48.47%), Zinc: 6.68mg (44.56%), Vitamin A: 2002.01IU (40.04%), Manganese: 0.67mg (33.45%), Vitamin E: 3.22mg (21.49%), Magnesium: 82.54mg (20.64%), Iron: 3.53mg (19.63%), Vitamin B6: 0.39mg (19.37%), Vitamin B5: 1.84mg (18.4%), Potassium: 632.87mg (18.08%), Copper: 0.32mg (16.07%), Fiber: 3.53g (14.12%), Vitamin D: 2.07µg (13.8%), Folate: 53.9µg (13.48%), Vitamin B3: 2.7mg (13.48%), Vitamin B1: 0.17mg (11.11%), Vitamin C: 6.95mg (8.42%), Vitamin K: 8.26µg (7.86%)