

health-score 75%

HEALTH SCORE

Macaroni and Cheese Pizza

Very Healthy

READY IN

ready

75 min.

SERVINGS

servings

1

CALORIES

calories

4192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 pinch ground nutmeg
- ☐ 1 cup mozzarella cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 1 cup panko breadcrumbs
- ☐ 0.5 cup parmesan

- ☐ 1 sheets pizza dough store-bought
- ☐ 0.5 pound rotini pasta dried
- ☐ 1 serving salt and pepper black freshly ground
- ☐ 2 cups sharp cheddar grated
- ☐ 6 slices bacon thick-cut
- ☐ 2 tablespoons butter unsalted
- ☐ 1 onion white finely chopped
- ☐ 2 cups milk whole

Equipment

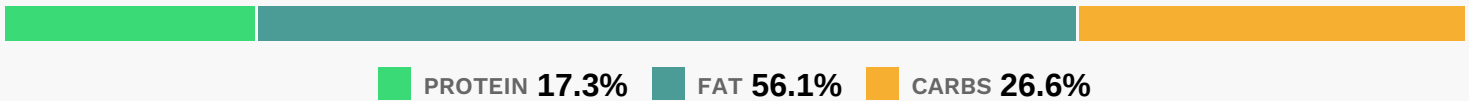
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Bring a large pot of water to a boil and cook the rotini al dente.
- ☐ Drain and spray with olive oil cooking spray, making sure the noodles are coated well. Set aside.
- ☐ In a large saute pan over medium-high heat, cook the bacon until crispy.
- ☐ Remove to a paper towel-lined plate.
- ☐ Remove all but 1 tablespoon of the bacon drippings and add the butter.
- ☐ Add the onions, garlic and nutmeg. Season the vegetables with salt and pepper and saute until the onions wilt and become translucent, about 4 minutes. Reduce the heat to medium-low and sprinkle in the flour, stirring to coat the onions and garlic. Continue to cook until you have a blond roux, about 5 minutes.

- ☐ Whisk in the milk until you have a thick enough sauce that it coats the back of a spoon. Crumble the bacon and add half to the sauce.
- ☐ Mix in the Cheddar and mozzarella. Turn the heat to low.
- ☐ Add the pasta to the cheese sauce and stir to coat. Cover and keep warm.
- ☐ In a small bowl, add the breadcrumbs, Parmesan, chives and olive oil.
- ☐ Add the rest of the crumbled bacon and add it to the bowl, stirring well to combine.
- ☐ Spray the pizza dough with the olive oil spray and place into the oven for 7 minutes.
- ☐ Remove from the oven and set down.
- ☐ Spread the macaroni and cheese on the pizza, being careful to leave a 1-inch border.
- ☐ Sprinkle with the breadcrumb mixture on the macaroni and cheese and bake in the oven for 10 minutes.
- ☐ Remove from the oven and let stand for 10 minutes to set the macaroni and cheese.

Nutrition Facts



Properties

Glycemic Index:440, Glycemic Load:94.58, Inflammation Score:-10, Nutrition Score:72.863912748254%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.12mg, Isorhamnetin: 6.12mg, Isorhamnetin: 6.12mg, Isorhamnetin: 6.12mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.81mg, Quercetin: 22.81mg, Quercetin: 22.81mg, Quercetin: 22.81mg

Nutrients (% of daily need)

Calories: 4191.56kcal (209.58%), Fat: 260.26g (400.4%), Saturated Fat: 122.15g (763.46%), Carbohydrates: 277.55g (92.52%), Net Carbohydrates: 264.58g (96.21%), Sugar: 40.83g (45.37%), Cholesterol: 609.8mg (203.27%), Sodium: 5065.85mg (220.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 180.62g (361.23%), Selenium: 314.38µg (449.11%), Calcium: 3575.42mg (357.54%), Phosphorus: 3185.14mg (318.51%), Vitamin B2: 2.87mg (168.86%), Vitamin B12: 9.52µg (158.7%), Manganese: 3.16mg (158.13%), Zinc: 22.03mg (146.9%), Vitamin B1: 2.02mg (134.51%), Vitamin A: 5378.15IU (107.56%), Vitamin B3: 18.97mg (94.83%), Magnesium: 358.94mg (89.74%), Vitamin B6: 1.7mg (85.2%), Potassium: 2323.21mg (66.38%), Vitamin B5: 5.96mg (59.59%), Folate: 237.06µg (59.26%), Vitamin D: 8.71µg (58.04%), Copper: 1.12mg (56.07%), Iron: 9.62mg (53.43%), Fiber: 12.97g (51.89%), Vitamin K:

44.78µg (42.65%), Vitamin E: 6.21mg (41.41%), Vitamin C: 14.34mg (17.38%)