



Pepperoni, Macaroni and Cheese

READY IN



95 min.

SERVINGS



8

CALORIES



1075 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 4 tablespoons butter
- ☐ 4 ounces cheddar grated
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 2.5 cups half-and-half
- ☐ 1 pound lasagna
- ☐ 8 ounces mozzarella cheese grated
- ☐ 8 servings olive oil

- ☐ 2.5 cups parmigiano-reggiano grated
- ☐ 1 pound pepperoni sliced thin
- ☐ 8 servings salt and pepper freshly ground

Equipment

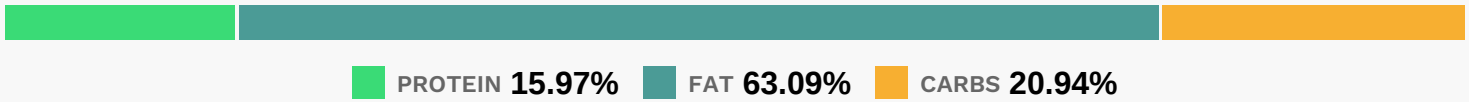
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Fill a large pot with water and bring to a boil over high heat.
- ☐ Add 1 tablespoon salt carefully add the lasagna noodles. Return to a boil, reduce the heat to a low boil and cook for about 5 minutes, or until pasta is very al dente (slightly undercooked).
- ☐ Drain in a colander, rinse slightly and drizzle with olive oil to prevent sticking.
- ☐ In a heavy, medium saucepan melt 4 tablespoons of the butter over low heat.
- ☐ Add the garlic and then the flour and stir to combine. Cook, stirring constantly, for 3 minutes. Increase the heat to medium and whisk in the half-and-half little by little. Cook until thickened, about 4 to 5 minutes, stirring frequently.
- ☐ Remove from the heat; add 2 cups of the grated Parmesan. Season with the salt, pepper and stir until cheese is melted and sauce is smooth. Cover and set aside.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a large bowl combine 1/4 cup Parmesan, Cheddar, and mozzarella. Toss to combine.
- ☐ Grease a 3-quart baking dish or casserole with 1 tablespoon of butter.

- ☐ Spread a ladle full of sauce on the bottom of the pan. Cover the sauce with a single layer of cooked lasagna noodles.
- ☐ Spread another ladle full of sauce on top of noodles.
- ☐ Sprinkle with 1/3 of the mozzarella cheese mixture. Top with 1/3 of the sliced pepperoni. Repeat with remaining ingredients for 2 more layers.
- ☐ Sprinkle 1/2 cup bread crumbs onto top of lasagna and top with remaining grated Parmesan, 1/4 cup.
- ☐ Bake, uncovered, for 40 to 45 minutes or until the lasagna is bubbly and hot and the top is golden brown.
- ☐ Remove from the oven and allow to sit for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:19.85, Inflammation Score:-7, Nutrition Score:26.713913098626%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1075.39kcal (53.77%), Fat: 75.11g (115.55%), Saturated Fat: 32.7g (204.4%), Carbohydrates: 56.08g (18.69%), Net Carbohydrates: 53.85g (19.58%), Sugar: 5.66g (6.29%), Cholesterol: 154.34mg (51.45%), Sodium: 2005.09mg (87.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.78g (85.56%), Selenium: 73.65µg (105.22%), Calcium: 732.51mg (73.25%), Phosphorus: 668.18mg (66.82%), Manganese: 0.97mg (48.43%), Vitamin B2: 0.62mg (36.56%), Vitamin B12: 2.09µg (34.8%), Zinc: 4.82mg (32.14%), Vitamin B3: 4.67mg (23.36%), Vitamin B1: 0.35mg (23.2%), Vitamin E: 3.25mg (21.67%), Vitamin A: 1020.41IU (20.41%), Vitamin B6: 0.39mg (19.35%), Magnesium: 75.03mg (18.76%), Vitamin K: 15.23µg (14.51%), Vitamin B5: 1.44mg (14.37%), Iron: 2.52mg (14%), Potassium: 463.44mg (13.24%), Copper: 0.26mg (13.2%), Folate: 36.76µg (9.19%), Fiber: 2.23g (8.91%), Vitamin D: 1.09µg (7.28%)