



## Pepperoni Pizza Mac and Cheese

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 15 ounce olives black drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.5 cup gold medal flour all-purpose
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups milk (I used skim)

- ☐ 1.5 cups onion finely chopped
- ☐ 1 pound soup noodles dry
- ☐ 1.5 cups pasta sauce (I used skim)
- ☐ 2 cups pepperoni halved
- ☐ 1 cup bell pepper red finely chopped
- ☐ 4 cups cheddar cheese shredded divided

## Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 350 degrees F. and spray a 9×13 inch baking dish with cooking spray. Cook pasta according to package directions, drain and set aside.
- ☐ Heat oil in large 5 quart dutch oven over medium heat.
- ☐ Add onions and bell pepper, cooking and stirring for 5 minutes or until softened.
- ☐ Add garlic and cook for 1 minute. Stir in pepperoni and olives. In a separate large dutch oven or pot melt butter over medium heat.
- ☐ Whisk in flour, salt pepper and garlic salt until thick. Slowly whisk in milk. Increase heat to medium high stirring until nice and thick. Once sauce is thickened, reduce heat to low. Stir in 3 cups of cheese then stir in cooked pasta and pepperoni mixture.
- ☐ Add splashes of milk to thin out cheese sauce to your liking. I added about 1/2 cup.
- ☐ Transfer half of the mac and cheese to prepared baking dish and top with remaining marinara sauce. Top with remaining mac and cheese then remaining 1 cup cheese.
- ☐ Bake for 25–30 minutes until cheese is melted and bubbly.
- ☐ Remove from oven and serve.

## Nutrition Facts



 PROTEIN **15.24%**  FAT **54.11%**  CARBS **30.65%**

Properties

Glycemic Index:37.6, Glycemic Load:20.21, Inflammation Score:-8, Nutrition Score:22.372608371403%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 656.99kcal (32.85%), Fat: 39.82g (61.26%), Saturated Fat: 15.66g (97.84%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 46.39g (16.87%), Sugar: 8.1g (9%), Cholesterol: 75.91mg (25.3%), Sodium: 1813.54mg (78.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Selenium: 52.49µg (74.99%), Calcium: 461.74mg (46.17%), Phosphorus: 434.2mg (43.42%), Manganese: 0.73mg (36.39%), Vitamin C: 23.92mg (28.99%), Vitamin B2: 0.46mg (27.32%), Vitamin A: 1365.43IU (27.31%), Vitamin E: 3.66mg (24.39%), Zinc: 3.39mg (22.6%), Vitamin B12: 1.17µg (19.47%), Vitamin B6: 0.37mg (18.31%), Fiber: 4.35g (17.42%), Vitamin B1: 0.25mg (16.36%), Magnesium: 65.43mg (16.36%), Vitamin B3: 3.02mg (15.1%), Potassium: 515.7mg (14.73%), Copper: 0.29mg (14.39%), Vitamin B5: 1.16mg (11.61%), Folate: 46.29µg (11.57%), Iron: 1.99mg (11.06%), Vitamin D: 1.37µg (9.13%), Vitamin K: 7.85µg (7.48%)