



Pizza Mac and Cheese

READY IN



65 min.

SERVINGS



12

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz elbow macaroni uncooked
- 1 lb pork sausage
- 1 large bell pepper green chopped
- 1 cup onion chopped
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 1 teaspoon salt
- 1.5 teaspoons pepper red crushed
- 2 cups milk

- 0.8 cup water
- 16 oz cheddar cheese shredded white
- 6 oz mozzarella cheese shredded
- 0.5 cup parmesan cheese grated
- 20 slices pepperoni (from 3-oz package)
- 1 leaves basil fresh

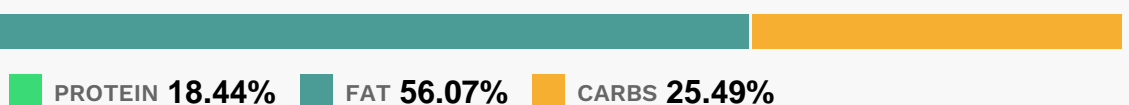
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 425°F. Spray 3-quart casserole with cooking spray. Cook and drain macaroni as directed on package. In 12-inch nonstick skillet, cook sausage over medium-high heat until no longer pink; drain. In same skillet, cook bell pepper and onion 5 minutes or until crisp-tender.
- In 4-quart saucepan, melt butter over medium-low heat. Stir in flour, salt and 1/2 teaspoon of the pepper flakes. Cook and stir until smooth. Gradually add milk and water, stirring constantly until thickened. Gradually add Cheddar cheese; stir until melted.
- Add macaroni, sausage and onion mixture; toss to coat. Spoon into casserole.
- Sprinkle with mozzarella cheese.
- Bake uncovered 30 minutes or until bubbly. Top with Parmesan cheese, pepperoni and remaining 1 teaspoon pepper flakes.
- Bake 2 to 4 minutes longer, or until lightly browned.
- Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:3.3, Inflammation Score:-7, Nutrition Score:17.256956442543%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 577.39kcal (28.87%), Fat: 35.81g (55.1%), Saturated Fat: 15.62g (97.64%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 34.77g (12.65%), Sugar: 4.16g (4.62%), Cholesterol: 87.95mg (29.32%), Sodium: 978.9mg (42.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53.01%), Selenium: 41.49µg (59.27%), Calcium: 445.96mg (44.6%), Phosphorus: 431.1mg (43.11%), Zinc: 3.66mg (24.4%), Vitamin B12: 1.37µg (22.84%), Vitamin B2: 0.38mg (22.59%), Manganese: 0.44mg (22.22%), Vitamin A: 957.55IU (19.15%), Vitamin B1: 0.23mg (15.24%), Vitamin B3: 2.98mg (14.92%), Vitamin C: 12.26mg (14.86%), Vitamin B6: 0.29mg (14.75%), Magnesium: 49.51mg (12.38%), Potassium: 350.5mg (10.01%), Copper: 0.18mg (8.89%), Vitamin D: 1.29µg (8.58%), Vitamin B5: 0.85mg (8.5%), Iron: 1.38mg (7.66%), Fiber: 1.85g (7.4%), Folate: 26.94µg (6.74%), Vitamin E: 0.85mg (5.64%), Vitamin K: 3.32µg (3.16%)