



Rich Macaroni and Tomato Bake

READY IN



50 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bacon chopped
- 3 eggs beaten
- 1 pinch ground nutmeg
- 0.5 teaspoon ground pepper black
- 0.5 cup heavy cream
- 1.5 cups macaroni
- 0.5 cup milk
- 1.5 cups pasta sauce
- 0.5 cup mozzarella cheese shredded

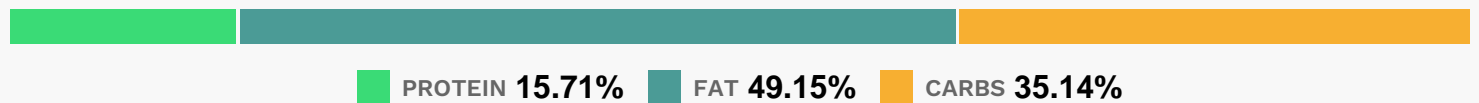
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large skillet over medium heat, cook bacon until crisp. Stir in pasta sauce, black pepper and cooked pasta.
- Spread mixture in prepared dish.
- In a medium bowl, combine eggs, cream, milk and nutmeg and stir until smooth.
- Pour gently over macaroni mixture.
- Sprinkle with mozzarella.
- Bake in preheated oven 30 minutes, until set and golden brown.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:15.480869604194%

Nutrients (% of daily need)

Calories: 424.58kcal (21.23%), Fat: 23.32g (35.87%), Saturated Fat: 11.96g (74.76%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 34.76g (12.64%), Sugar: 7g (7.77%), Cholesterol: 178.36mg (59.45%), Sodium: 665.02mg (28.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.55%), Selenium: 41.65µg (59.49%), Phosphorus: 278.95mg (27.9%), Manganese: 0.51mg (25.73%), Vitamin A: 1163.09IU (23.26%), Vitamin B2: 0.38mg

(22.43%), Calcium: 169.58mg (16.96%), Potassium: 516.84mg (14.77%), Vitamin B12: 0.88µg (14.67%), Vitamin E: 2.08mg (13.86%), Vitamin B6: 0.27mg (13.33%), Copper: 0.26mg (12.94%), Zinc: 1.93mg (12.84%), Magnesium: 49.36mg (12.34%), Vitamin B5: 1.23mg (12.33%), Iron: 2.14mg (11.89%), Fiber: 2.75g (11.01%), Vitamin B3: 2.12mg (10.59%), Vitamin D: 1.57µg (10.48%), Vitamin B1: 0.13mg (8.63%), Folate: 33.27µg (8.32%), Vitamin C: 6.62mg (8.02%), Vitamin K: 4.49µg (4.27%)