



Adriana's Pasta Pie

READY IN



225 min.

SERVINGS



10

CALORIES



1062 kcal

Ingredients

- 1 cup breadcrumbs
- 3 eggs
- 1 cup basil fresh
- 0.3 cup parsley fresh chopped
- 4 garlic clove minced
- 1.5 lbs ground beef fine (I used 95%lean and it was)
- 1.3 teaspoons pepper black
- 0.3 cup olive oil
- 1 small onion chopped
- 1 cup parmesan cheese grated

- 10 servings parmesan for garnish
- 0.5 lb provolone cheese shredded
- 0.5 teaspoon pepper red crushed
- 2 ounces pecorino cheese
- 2 teaspoons salt
- 0.5 lb mozzarella cheese shredded
- 0.8 cup sugar
- 24 ounces tomato paste
- 56 ounces canned tomatoes crushed
- 3 cups tubetti cooked (tiny tubes or baby shells)
- 20 ounces water

Equipment

- bowl
- oven
- pot
- casserole dish

Directions

- Mix ground beef, parsley, bread crumbs, onion, eggs, 1/2 cup parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl very gently. Do not overmix. Put mixture into lightly greased 10-inch pie plate or 11" x 7" casserole dish. Shape crust so that it's about 1" thick. Tomato Basil Sauce: In large pot, cook garlic and red pepper flakes in oil on low heat for 4 minutes only.
- Add tomatoes, paste, water, 1 1/2 teaspoons salt, 1 teaspoon black pepper, sugar and basil leaves. Bring to boil. Reduce to low heat.
- Add chunk of Romano cheese and cook for 1 1/2 hours. Filling: Preheat oven to 350 degrees Fahrenheit.
- Mix the filling (3 cups cooked pasta, 1/2 pound mozzarella, 1/2 pound provolone, 1/2 cup parmesan cheese and 2 cups tomato basil sauce) in a bowl. Scoop into meat crust.
- Bake for 1 1/2 hours.

Let cool for at least 15 minutes. Top each slice with tomato basil sauce and sprinkle with Parmesan cheese.

Nutrition Facts



PROTEIN 20.92% **FAT 39.99%** **CARBS 39.09%**

Properties

Glycemic Index:45.21, Glycemic Load:19.16, Inflammation Score:-9, Nutrition Score:45.849130526833%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 1061.55kcal (53.08%), Fat: 47.76g (73.48%), Saturated Fat: 21.4g (133.77%), Carbohydrates: 105.06g (35.02%), Net Carbohydrates: 96.17g (34.97%), Sugar: 33.84g (37.6%), Cholesterol: 165.97mg (55.32%), Sodium: 2396.77mg (104.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.22g (112.44%), Selenium: 84.95µg (121.36%), Calcium: 936.45mg (93.64%), Phosphorus: 907.12mg (90.71%), Manganese: 1.38mg (68.79%), Vitamin K: 59.5µg (56.67%), Zinc: 7.91mg (52.7%), Vitamin B12: 3.02µg (50.3%), Vitamin A: 2431.65IU (48.63%), Potassium: 1672.01mg (47.77%), Vitamin B3: 9.07mg (45.33%), Vitamin E: 6.75mg (45%), Iron: 7.94mg (44.09%), Copper: 0.88mg (43.94%), Vitamin B2: 0.74mg (43.33%), Vitamin B6: 0.84mg (41.87%), Vitamin C: 32.83mg (39.79%), Magnesium: 150.09mg (37.52%), Fiber: 8.89g (35.57%), Vitamin B1: 0.4mg (26.57%), Folate: 76.4µg (19.1%), Vitamin B5: 1.81mg (18.11%), Vitamin D: 0.76µg (5.1%)