



Baked Pepperoni Pasta Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 1 small onion diced
- ☐ 4 ounces pepperoni sausage sliced
- ☐ 8 ounces rotini pasta
- ☐ 2 cups mozzarella cheese shredded
- ☐ 28 ounces tomato basil sauce classico®

Equipment

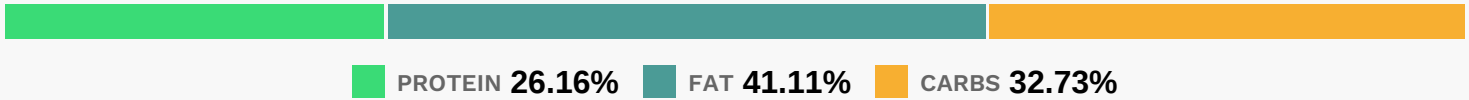
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ 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 medium skillet over medium–high heat, cook beef with onion until beef is brown.
- ☐ Drain.
- ☐ Combine beef mixture with sauce, pepperoni and cooked pasta and pour into a 9x13 inch baking dish. Top with mozzarella.
- ☐ Bake in preheated oven for 30 minutes, until cheese is melted and golden.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:20.128695726395%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 550.98kcal (27.55%), Fat: 24.63g (37.9%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 38.47g (13.99%), Sugar: 11.41g (12.68%), Cholesterol: 94.7mg (31.57%), Sodium: 1082.76mg (47.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.53%), Selenium: 48.93µg (69.9%), Vitamin B12: 2.79µg (46.51%), Zinc: 5.95mg (39.68%), Phosphorus: 386.53mg (38.65%), Vitamin B3: 5.79mg (28.96%), Calcium: 251.88mg (25.19%), Potassium: 866.41mg (24.75%), Manganese: 0.49mg (24.64%), Fiber: 5.64g (22.57%), Vitamin B6: 0.45mg (22.31%), Vitamin A: 1046.39IU (20.93%), Iron: 3.5mg (19.43%), Vitamin B2: 0.3mg (17.75%), Magnesium: 48.7mg (12.18%), Copper: 0.19mg (9.67%), Vitamin B5: 0.94mg (9.39%), Vitamin B1: 0.13mg (8.85%), Vitamin C: 7.21mg (8.74%), Folate: 16.36µg (4.09%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.47µg (3.14%), Vitamin

K: 2.27µg (2.16%)