

Beef Mac Casserole

READY IN



65 min.

SERVINGS



12

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 0.5 teaspoon celery salt
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 cup onions chopped
- ☐ 0.8 teaspoon oregano dried

- ☐ 16 ounce shells uncooked
- ☐ 3 ounce pepperoni sliced
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 cups sacramento tomato juice

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat a large skillet over medium-high heat. Cook and stir ground beef, onion, and green pepper until browned.
- ☐ Drain off excess grease. Stir in pepperoni, tomato sauce, tomato juice, oregano, celery salt, onion powder, garlic salt, basil, red pepper flakes, and cooked pasta.
- ☐ Pour into the prepared baking dish and cover with aluminum foil.
- ☐ Bake in the preheated oven for 20 minutes.
- ☐ Remove casserole from oven and sprinkle with mozzarella cheese. Return to the oven and bake until the cheese melts, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:12.7, Inflammation Score:-6, Nutrition Score:13.323478361835%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 346.46kcal (17.32%), Fat: 15.74g (24.21%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.91g (11.24%), Sugar: 4.21g (4.68%), Cholesterol: 48.46mg (16.15%), Sodium: 585.82mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.53%), Selenium: 35.17µg (50.24%), Manganese: 0.48mg (24.23%), Phosphorus: 227.96mg (22.8%), Vitamin B12: 1.33µg (22.11%), Zinc: 2.99mg (19.95%), Vitamin B3: 3.29mg (16.44%), Vitamin C: 12.81mg (15.53%), Vitamin B6: 0.3mg (15.18%), Potassium: 438.23mg (12.52%), Calcium: 123.56mg (12.36%), Iron: 2.03mg (11.26%), Vitamin B2: 0.19mg (11.16%), Copper: 0.21mg (10.71%), Magnesium: 42.8mg (10.7%), Vitamin A: 492.12IU (9.84%), Fiber: 2.12g (8.49%), Vitamin B1: 0.11mg (7.13%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 1.02mg (6.83%), Folate: 23.95µg (5.99%), Vitamin K: 4.95µg (4.71%), Vitamin D: 0.2µg (1.36%)