



Beefy Pizza Casserole

READY IN



37 min.

SERVINGS



8

CALORIES



610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 pounds ground beef
- ☐ 4 teaspoons penzey's southwest seasoning dried italian divided
- ☐ 1 tablespoon olive oil
- ☐ 2 medium onions chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 13.8 ounce pizza crust refrigerated canned
- ☐ 8 ounces mozzarella cheese shredded divided

☐ 26 ounce tomato-and-basil pasta sauce

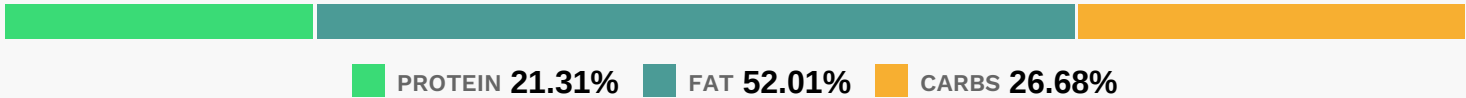
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook first 3 ingredients and 3 teaspoons Italian seasoning in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink.
- ☐ Drain well, and return to skillet.
- ☐ Add 1/4 cup flour, stirring until blended. Stir in pasta sauce. Bring mixture to a boil over medium-high heat, stirring constantly. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle evenly with 1 1/2 cups mozzarella cheese.
- ☐ Unroll pizza crust, and place on top of cheese. (Tuck edges into baking dish, if necessary.)
- ☐ Brush with olive oil, and sprinkle evenly with remaining 1/2 cup mozzarella cheese, Parmesan cheese, and remaining 1 teaspoon Italian seasoning.
- ☐ Bake at 425 for 15 to 20 minutes or until golden brown.
- ☐ *An 3-ounce refrigerated pizza crust may be substituted.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:17.40782601937%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 610.18kcal (30.51%), Fat: 34.97g (53.8%), Saturated Fat: 13.63g (85.22%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 35.52g (12.92%), Sugar: 11.4g (12.67%), Cholesterol: 104mg (34.67%), Sodium: 977.35mg (42.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.48%), Vitamin B12: 3.09µg (51.5%), Zinc: 5.74mg (38.23%), Selenium: 23.77µg (33.96%), Phosphorus: 302.99mg (30.3%), Iron: 4.83mg (26.85%), Vitamin B3: 5.18mg (25.89%), Calcium: 227.94mg (22.79%), Vitamin B6: 0.44mg (22.19%), Potassium: 698.1mg (19.95%), Fiber: 4.84g (19.35%), Vitamin C: 13.97mg (16.93%), Vitamin B2: 0.29mg (16.88%), Vitamin A: 807.29IU (16.15%), Vitamin K: 10.8µg (10.28%), Magnesium: 32.63mg (8.16%), Manganese: 0.14mg (7.21%), Vitamin B1: 0.11mg (7.2%), Vitamin B5: 0.68mg (6.83%), Vitamin E: 1mg (6.68%), Folate: 25.67µg (6.42%), Copper: 0.1mg (5.08%), Vitamin D: 0.23µg (1.55%)