



## Cheesy Barbecue Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



670 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 11 oz ziti uncooked
- 1 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 0.3 cup parsley fresh chopped
- 1 cup milk
- 1 cup barbecue sauce
- 4 oz mozzarella cheese shredded
- 6 oz cheddar cheese shredded

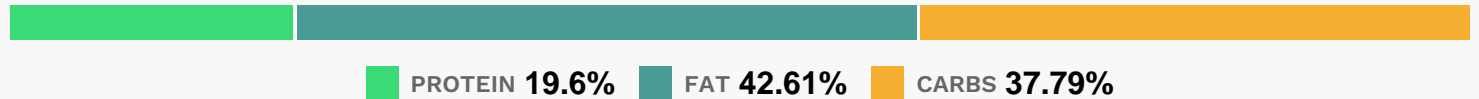
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray. Cook and drain pasta as directed on package.
- Meanwhile, in 12-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- Stir pasta, 3 tablespoons of the parsley, the milk, barbecue sauce, mozzarella cheese and 1 cup of the Cheddar cheese into beef in skillet. Spoon mixture into casserole.
- Sprinkle with remaining 1/2 cup Cheddar cheese.
- Bake uncovered 30 to 40 minutes or until hot and bubbly.
- Sprinkle with remaining 1 tablespoon parsley.

## Nutrition Facts



## Properties

Glycemic Index:32.17, Glycemic Load:16.92, Inflammation Score:-7, Nutrition Score:22.507826203885%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 669.83kcal (33.49%), Fat: 31.4g (48.31%), Saturated Fat: 14.66g (91.63%), Carbohydrates: 62.67g (20.89%), Net Carbohydrates: 60.26g (21.91%), Sugar: 20.04g (22.27%), Cholesterol: 101.84mg (33.95%), Sodium: 866.03mg (37.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Selenium: 56.88µg (81.26%), Phosphorus: 470.35mg (47.03%), Vitamin B12: 2.57µg (42.81%), Vitamin K: 44.56µg (42.44%), Calcium: 392.66mg

(39.27%), Zinc: 5.78mg (38.55%), Manganese: 0.58mg (28.78%), Vitamin B2: 0.41mg (24.14%), Vitamin B3: 4.49mg (22.45%), Vitamin B6: 0.42mg (21.17%), Magnesium: 65.49mg (16.37%), Potassium: 561.12mg (16.03%), Vitamin A: 795.34IU (15.91%), Iron: 2.76mg (15.33%), Copper: 0.25mg (12.57%), Vitamin B5: 1mg (10.04%), Fiber: 2.4g (9.61%), Vitamin B1: 0.14mg (9.01%), Folate: 29.21µg (7.3%), Vitamin E: 1.04mg (6.92%), Vitamin C: 4.6mg (5.57%), Vitamin D: 0.77µg (5.12%)