



Cheesy Beef Noodle Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



698 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.9 ounce brown gravy mix
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 1 teaspoon basil dried
- ☐ 16 ounce extra wide egg noodles
- ☐ 3 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 0.5 cup milk

- ☐ 1 small onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1.5 cups tomato sauce
- ☐ 1 cup tomatoes diced
- ☐ 0.5 cup water

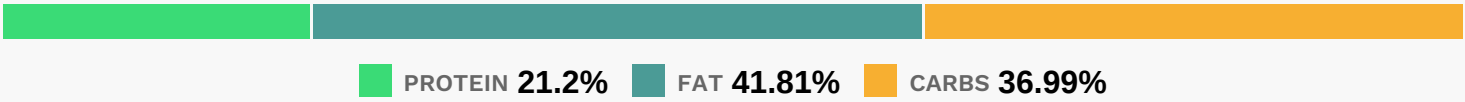
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Stir gravy mix, water, and milk together in a bowl until dissolved and smooth.
- ☐ Heat a large skillet over medium-high heat and crumble in ground beef; add onion, mushrooms, and garlic. Cook and stir until the beef is evenly browned, 10 to 15 minutes.
- ☐ Drain and discard any excess grease.
- ☐ Stir gravy mixture, tomato sauce, diced tomatoes, Italian seasoning, oregano, and basil into ground beef mixture. Season with salt and pepper. Bring beef-tomato mixture to a boil, reduce heat, cover skillet with a lid, and simmer until heated through, 10 minutes.
- ☐ Stir Cheddar cheese, mozzarella cheese, and egg noodles into beef-tomato mixture; pour entire mixture into a 9x13-inch casserole dish. Top casserole with Parmesan cheese. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven until cheese is melted and noodles are cooked, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:24.91, Inflammation Score:-8, Nutrition Score:27.606087000474%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 698.4kcal (34.92%), Fat: 32.47g (49.95%), Saturated Fat: 14.5g (90.61%), Carbohydrates: 64.61g (21.54%), Net Carbohydrates: 59.72g (21.72%), Sugar: 6.68g (7.42%), Cholesterol: 160.45mg (53.48%), Sodium: 867.27mg (37.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.04g (74.09%), Selenium: 84.28µg (120.39%), Phosphorus: 571.4mg (57.14%), Vitamin B12: 2.68µg (44.74%), Zinc: 6.7mg (44.64%), Manganese: 0.89mg (44.61%), Calcium: 403.03mg (40.3%), Vitamin B3: 6.01mg (30.03%), Vitamin B6: 0.58mg (29.16%), Vitamin B2: 0.43mg (25.47%), Iron: 4.39mg (24.4%), Magnesium: 91.33mg (22.83%), Potassium: 770.56mg (22.02%), Copper: 0.44mg (21.99%), Fiber: 4.89g (19.58%), Vitamin A: 955.2IU (19.1%), Vitamin B5: 1.69mg (16.94%), Vitamin B1: 0.24mg (15.85%), Vitamin K: 14.77µg (14.07%), Vitamin E: 2.01mg (13.41%), Folate: 49.54µg (12.38%), Vitamin C: 9.04mg (10.96%), Vitamin D: 0.8µg (5.32%)