



Cheesy Chili Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



887 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 16 ounce rotini pasta
- ☐ 2 cups mozzarella cheese shredded
- ☐ 28 ounces tomato basil sauce classico®

Equipment

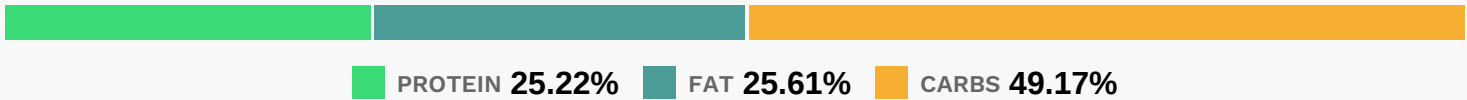
- ☐ frying pan
- ☐ oven
- ☐ pot

☐ casserole dish

Directions

- ☐ 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. Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a skillet, cook beef until brown over medium heat.
- ☐ Drain excess fat from meat.
- ☐ Add sauce and rotini pasta to browned beef. In a three quart casserole dish, layer meat mixture, followed with the mozzarella cheese; repeat.
- ☐ Bake in preheated oven for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:34.37, Inflammation Score:-8, Nutrition Score:30.913478203442%

Nutrients (% of daily need)

Calories: 886.94kcal (44.35%), Fat: 24.66g (37.94%), Saturated Fat: 10.99g (68.72%), Carbohydrates: 106.54g (35.51%), Net Carbohydrates: 96.56g (35.11%), Sugar: 17.89g (19.88%), Cholesterol: 114.55mg (38.18%), Sodium: 1178.93mg (51.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.66g (109.31%), Selenium: 100.92µg (144.17%), Phosphorus: 637.09mg (63.71%), Vitamin B12: 3.82µg (63.62%), Zinc: 9.01mg (60.04%), Manganese: 1.07mg (53.4%), Vitamin B3: 8.22mg (41.08%), Fiber: 9.98g (39.92%), Calcium: 380.32mg (38.03%), Potassium: 1322.82mg (37.79%), Vitamin A: 1569.24IU (31.38%), Vitamin B6: 0.63mg (31.31%), Iron: 5.57mg (30.95%), Magnesium: 96.25mg (24.06%), Vitamin B2: 0.41mg (24.06%), Copper: 0.42mg (21.06%), Vitamin B5: 1.3mg (12.96%), Vitamin C: 9.53mg (11.55%), Vitamin B1: 0.17mg (11.02%), Folate: 30µg (7.5%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.34µg (2.25%), Vitamin K: 1.74µg (1.66%)