



Cheesy Pizza Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz rigatoni uncooked
- 0.5 lb ground beef 80% lean (at least)
- 0.3 cup olives ripe sliced
- 4.5 oz mushroom stems and pieces drained
- 26 oz pasta sauce (any variety)
- 4 oz mozzarella cheese shredded

Equipment

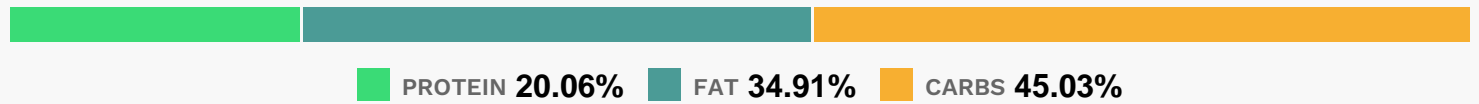
- frying pan

oven

Directions

- Heat oven to 350°F. Cook and drain pasta as directed on package.
- Meanwhile, in 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. In ungreased 2 1/2-quart casserole, mix pasta, beef and remaining ingredients except cheese.
- Cover and bake about 30 minutes or until hot and bubbly.
- Sprinkle with cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:14.98, Inflammation Score:-6, Nutrition Score:14.988695797713%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 360.02kcal (18%), Fat: 14g (21.53%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 37.06g (13.48%), Sugar: 6.08g (6.75%), Cholesterol: 42.62mg (14.21%), Sodium: 886.8mg (38.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Selenium: 36.55µg (52.21%), Manganese: 0.53mg (26.54%), Phosphorus: 240.39mg (24.04%), Vitamin B12: 1.24µg (20.66%), Potassium: 712.21mg (20.35%), Zinc: 3mg (20.03%), Vitamin B3: 3.57mg (17.86%), Vitamin B6: 0.31mg (15.58%), Calcium: 148.52mg (14.85%), Vitamin E: 2.22mg (14.81%), Copper: 0.3mg (14.8%), Iron: 2.58mg (14.31%), Fiber: 3.56g (14.24%), Vitamin A: 681.8IU (13.64%), Magnesium: 51.79mg (12.95%), Vitamin B2: 0.22mg (12.66%), Vitamin C: 8.6mg (10.42%), Vitamin B5: 0.78mg (7.81%), Vitamin B1: 0.09mg (6.06%), Folate: 22.85µg (5.71%), Vitamin K: 4.68µg (4.45%)