



Cheesy Pizza Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

Equipment

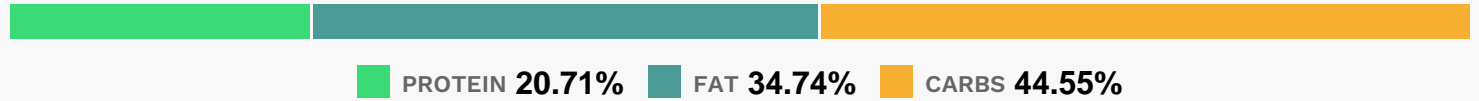
- frying pan

oven

Directions

- Heat oven to 350F. 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:24.33, Glycemic Load:15.14, Inflammation Score:-6, Nutrition Score:15.994782613671%

Flavonoids

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

Nutrients (% of daily need)

Calories: 352.79kcal (17.64%), Fat: 13.73g (21.12%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 39.6g (13.2%), Net Carbohydrates: 36g (13.09%), Sugar: 6.15g (6.84%), Cholesterol: 41.77mg (13.92%), Sodium: 817.49mg (35.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.83%), Selenium: 38.52µg (55.03%), Manganese: 0.54mg (27.04%), Phosphorus: 258.68mg (25.87%), Vitamin B3: 4.34mg (21.69%), Vitamin B12: 1.25µg (20.81%), Zinc: 3.11mg (20.76%), Potassium: 646.09mg (18.46%), Copper: 0.36mg (18.18%), Vitamin B2: 0.3mg (17.69%), Vitamin B6: 0.33mg (16.69%), Iron: 2.68mg (14.9%), Vitamin E: 2.22mg (14.82%), Fiber: 3.6g (14.41%), Vitamin A: 681.8IU (13.64%), Magnesium: 53.7mg (13.43%), Calcium: 131.94mg (13.19%), Vitamin B5: 1.1mg (10.99%), Vitamin C: 9.05mg (10.96%), Vitamin B1: 0.11mg (7.21%), Folate: 26.46µg (6.62%), Vitamin K: 4.68µg (4.45%), Vitamin D: 0.16µg (1.04%)