



Classic Baked Mostaccioli

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef
- ☐ 0.8 cup romano cheese 100% divided grated kraft
- ☐ 8 ounce mozzarella cheese shredded kraft
- ☐ 30 ounce spaghetti sauce

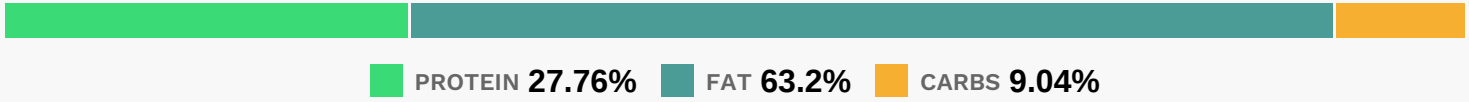
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown meat in large skillet; drain.
- ☐ Stir in mostaccioli, spaghetti sauce and 1/2 cup of the Romano cheese. Spoon into 13x9-inch baking dish. Top with mozzarella cheese and remaining 1/4 cup Romano cheese.
- ☐ Bake at 375 degrees F for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.78, Inflammation Score:-6, Nutrition Score:17.191304419352%

Nutrients (% of daily need)

Calories: 387.81kcal (19.39%), Fat: 27.36g (42.09%), Saturated Fat: 12.97g (81.06%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 6.68g (2.43%), Sugar: 5.53g (6.14%), Cholesterol: 96.54mg (32.18%), Sodium: 1109.54mg (48.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.04g (54.07%), Vitamin B12: 2.62µg (43.66%), Phosphorus: 386.53mg (38.65%), Calcium: 357.34mg (35.73%), Zinc: 4.9mg (32.65%), Selenium: 20.43µg (29.18%), Vitamin B3: 4.65mg (23.25%), Vitamin B2: 0.36mg (21.01%), Vitamin B6: 0.41mg (20.39%), Potassium: 664.58mg (18.99%), Vitamin A: 921.17IU (18.42%), Iron: 3.09mg (17.17%), Vitamin E: 2.45mg (16.34%), Vitamin C: 9.92mg (12.03%), Magnesium: 46.8mg (11.7%), Copper: 0.22mg (10.85%), Vitamin B5: 0.92mg (9.24%), Manganese: 0.17mg (8.65%), Fiber: 2.13g (8.5%), Vitamin K: 6.47µg (6.17%), Vitamin B1: 0.08mg (5.5%), Folate: 21.57µg (5.39%), Vitamin D: 0.29µg (1.93%)