



Deep-Dish Pizza Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bell pepper green chopped
- 1 lb ground beef lean
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 small onion chopped
- 1 cup classico pizza sauce traditional
- 12 oz velveeta shells & cheese dinner

Equipment

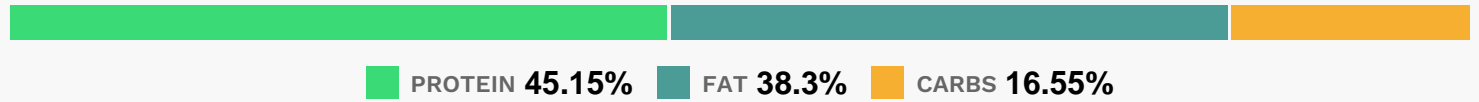
- frying pan

- oven
- baking pan

Directions

- Heat oven to 375F.
- Prepare Dinner as directed on package. While Macaroni is cooking, brown meat with peppers and onions in large skillet; drain. Stir in pizza sauce.
- Spoon Dinner into 8-inch square baking dish; top with meat mixture and mozzarella. Cover.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:25.469130453856%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 407.37kcal (20.37%), Fat: 17.17g (26.41%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 14.97g (5.44%), Sugar: 11.02g (12.25%), Cholesterol: 114.99mg (38.33%), Sodium: 1802.29mg (78.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.53g (91.06%), Phosphorus: 1187.81mg (118.78%), Calcium: 623.44mg (62.34%), Zinc: 8.48mg (56.53%), Vitamin B2: 0.83mg (48.86%), Vitamin B12: 2.65µg (44.25%), Vitamin C: 29.59mg (35.86%), Vitamin B3: 7.01mg (35.07%), Selenium: 22.2µg (31.72%), Vitamin B6: 0.6mg (30.1%), Potassium: 957.06mg (27.34%), Vitamin A: 1278.15IU (25.56%), Iron: 3.57mg (19.86%), Magnesium: 42.08mg (10.52%), Vitamin B5: 0.98mg (9.79%), Copper: 0.19mg (9.39%), Vitamin E: 1.33mg (8.88%), Fiber: 1.72g (6.89%), Manganese: 0.14mg (6.86%), Vitamin B1: 0.09mg (5.91%), Folate: 18.74µg (4.69%), Vitamin K: 4.55µg (4.33%), Vitamin D: 0.16µg (1.04%)