



Deep-Dish Pizza Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- ☐ 1 small onion chopped
- ☐ 8 oz pizza sauce canned
- ☐ 12 oz velveeta shells & cheese dinner

Equipment

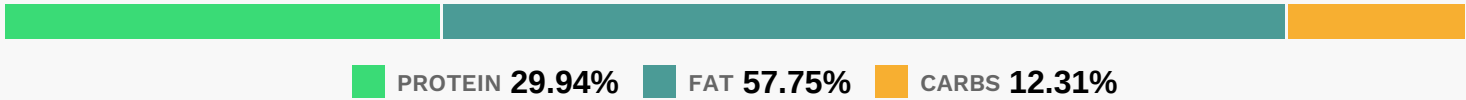
- ☐ oven

☐ 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.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.42, Inflammation Score:-7, Nutrition Score:24.300434750059%

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: 545.49kcal (27.27%), Fat: 34.81g (53.56%), Saturated Fat: 16.44g (102.75%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.03g (5.47%), Sugar: 10.96g (12.18%), Cholesterol: 125.41mg (41.8%), Sodium: 1793.93mg (78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.62g (81.23%), Phosphorus: 1151.69mg (115.17%), Calcium: 621.41mg (62.14%), Zinc: 7.56mg (50.41%), Vitamin B2: 0.82mg (48.32%), Vitamin B12: 2.66µg (44.33%), Vitamin C: 29.27mg (35.48%), Selenium: 21.21µg (30.3%), Vitamin B3: 5.53mg (27.66%), Vitamin B6: 0.52mg (26.11%), Vitamin A: 1276.57IU (25.53%), Potassium: 861.99mg (24.63%), Iron: 3.03mg (16.83%), Vitamin E: 1.47mg (9.78%), Magnesium: 36.32mg (9.08%), Copper: 0.17mg (8.29%), Vitamin B5: 0.81mg (8.08%), Manganese: 0.13mg (6.62%), Fiber: 1.65g (6.61%), Vitamin B1: 0.09mg (6.04%), Vitamin K: 6.08µg (5.79%), Folate: 23.01µg (5.75%), Vitamin D: 0.17µg (1.13%)