



## Easy Cheesy Pizza Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



1095 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb ground beef italian
- 0.5 cup ricotta cheese
- 1 pinch oregano
- 1 pinch basil
- 1 pinch basil
- 1 Tbs parmesan cheese grated
- 26 oz pasta sauce
- 1 can tomato sauce
- 0.1 tsp pepper red crushed

- 0.5 pepperoni
- 2 cups mozzarella cheese shredded
- 0.5 cup provolone cheese shredded
- 6 servings parmesan
- 6 servings parmesan for topping
- 2.3 cup baking mix (like Bisquick or Jiffy)
- 2.3 cup baking mix (like Bisquick or Jiffy)
- 0.3 cup parmesan cheese grated
- 1 tsp seasoning italian
- 0.7 cup milk
- 1 serving frangelico
- 6 servings frangelico

## Equipment

- bowl
- frying pan
- oven

## Directions

- Brown ground beef in skillet; drain fat.
- Mix in pasta or pizza sauce and pepper flakes; set aside.
- Mix ricotta cheese with the herbs and Parmesan in a separate bowl; set aside.
- Mix the dry ingredients for the biscuits.
- Add milk and stir until combined.
- Preheat oven to 375 degrees. Spray a 13 x 9 pan with non-stick spray. Drop biscuit dough by teaspoons in the bottom of pan, spacing evenly. It's OK if there is space between the dough-- it will expand as it's cooked. Top with ground beef mixture and dot with the ricotta cheese mixture.
- Bake at 375 for about 20 min or until biscuits are puffed and beginning to get golden brown.

- Top with mozzarella and provolone cheeses and distribute pepperoni slices evenly over top, increase oven temperature to 425 degrees. Return to oven and bake until cheeses are melted and beginning to bubble. This should take about 10 minutes.
- Remove from oven and let stand 5 minutes before slicing and serving. May be topped with the additional Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:73.5, Glycemic Load:5.51, Inflammation Score:-9, Nutrition Score:40.661304347826%

## Taste

Sweetness: 37.15%, Saltiness: 100%, Sourness: 15.13%, Bitterness: 14.35%, Savoriness: 29.75%, Fattiness: 80.86%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 1094.86kcal (54.74%), Fat: 61.51g (94.62%), Saturated Fat: 29.13g (182.08%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 69.67g (25.34%), Sugar: 21.2g (23.55%), Cholesterol: 151.66mg (50.55%), Sodium: 3712.37mg (161.41%), Protein: 60.33g (120.66%), Phosphorus: 1405.61mg (140.56%), Calcium: 1316.01mg (131.6%), Vitamin B12: 3.99µg (66.45%), Selenium: 46.28µg (66.12%), Vitamin B2: 1.1mg (64.5%), Zinc: 7.9mg (52.66%), Vitamin B3: 9.93mg (49.64%), Vitamin B1: 0.66mg (44.26%), Vitamin A: 2058.5IU (41.17%), Iron: 7.18mg (39.88%), Folate: 150.74µg (37.68%), Potassium: 1228.84mg (35.11%), Vitamin B6: 0.66mg (32.76%), Manganese: 0.62mg (30.92%), Magnesium: 116.16mg (29.04%), Vitamin E: 4.2mg (27.97%), Copper: 0.49mg (24.65%), Vitamin B5: 2.45mg (24.49%), Fiber: 5.59g (22.35%), Vitamin C: 16.87mg (20.45%), Vitamin K: 19.74µg (18.8%), Vitamin D: 0.95µg (6.31%)