



 **27%**
HEALTH SCORE

Easy Pasta Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 1 pound ground beef lean
- 1 pound soup noodles
- 1 cup mozzarella cheese shredded
- 32 ounce pasta sauce
- 1.3 cups stewed tomatoes italian-style

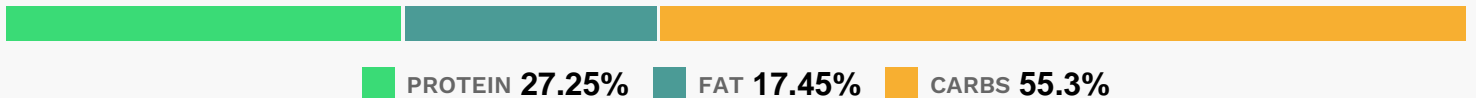
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet, brown the beef until no longer pink; drain off grease.
- Add spaghetti sauce, mushrooms, and tomatoes to beef and simmer for 10 minutes or until warmed through.
- In a 9x13 inch baking dish, pour in beef and tomato mixture and add pasta; mix well.
- Sprinkle the cheese evenly over the top.
- Bake in preheated oven for 20 minutes or until the cheese starts to bubble; serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:25.94, Inflammation Score:-7, Nutrition Score:29.399565126585%

Nutrients (% of daily need)

Calories: 506.77kcal (25.34%), Fat: 9.9g (15.24%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 70.64g (23.55%), Net Carbohydrates: 64.67g (23.51%), Sugar: 10.96g (12.18%), Cholesterol: 61.62mg (20.54%), Sodium: 1009.33mg (43.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.63%), Selenium: 72.36µg (103.38%), Vitamin B3: 10.06mg (50.32%), Phosphorus: 475.11mg (47.51%), Manganese: 0.94mg (46.75%), Zinc: 6.28mg (41.83%), Vitamin B2: 0.64mg (37.69%), Copper: 0.75mg (37.63%), Vitamin B12: 2.15µg (35.82%), Potassium: 1243.77mg (35.54%), Vitamin B6: 0.65mg (32.32%), Iron: 5.4mg (30%), Vitamin B5: 2.5mg (24.97%), Magnesium: 96.29mg (24.07%), Fiber: 5.97g (23.9%), Vitamin C: 16.37mg (19.84%), Vitamin E: 2.96mg (19.71%), Vitamin A: 872.25IU (17.44%), Calcium: 158.44mg (15.84%), Vitamin B1: 0.23mg (15.11%), Folate: 47.81µg (11.95%), Vitamin K: 6.24µg (5.94%), Vitamin D: 0.3µg (2.01%)