



## Ground Beef Pepperoni Pizza Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



753 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pinch ground pepper
- 8 slices bacon cooked chopped
- 2 eggs
- 1 cup flour
- 2 tablespoons garlic chopped
- 1 bell pepper green chopped
- 1 lb ground beef
- 1 cup milk
- 3 cups mozzarella cheese grated

- 1 cup mushrooms canned drained
- 1 tablespoon cooking oil
- 1 large onion chopped
- 0.5 cup parmesan cheese grated
- 3 tablespoons parmesan
- 6 servings bell pepper
- 0.3 lb pepperoni chopped (can use more)
- 2 cups tomato sauce
- 0.3 teaspoon salt
- 0.5 teaspoon penzey's southwest seasoning italian
- 6 servings lawry's seasoned salt (can use table salt)

## Equipment

- bowl
- oven
- baking pan
- hand mixer

## Directions

- Set oven to 400 degrees. Grease a 13 x 9-inch baking dish. In a large skillet cook ground beef with onion, garlic and green pepper until meat is no longer pink; drain fat.
- Add in 3 tablespoons (or more) grated Parmesan cheese; stir to combine.
- Add in pizza sauce, chopped pepperoni, herb seasoning and mushrooms; mix to combine and bring to a simmer for 15 minutes, stirring occasionally. Meanwhile in another bowl combine milk, oil and eggs; beat for 2 minutes with an electric mixer. Stir in flour, salt and cayenne; mix to combine; set aside. Spoon the ground beef mixture into the prepared baking dish.
- Sprinkle grated mozzarella cheese on top.
- Sprinkle with chopped bacon.
- Pour the batter over cheese, spreading evenly to cover completely.

Sprinkle with 1/2 cup Parmesan cheese.Up to this point you can cover and refrigerate until ready to bake.

Bake for 20–25 minutes, or until golden brown.Delicious!

## Nutrition Facts



### Properties

Glycemic Index:68, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:37.591304613196%

### Flavonoids

Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

### Nutrients (% of daily need)

Calories: 753.48kcal (37.67%), Fat: 48.96g (75.32%), Saturated Fat: 21.03g (131.43%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 29.92g (10.88%), Sugar: 10.6g (11.78%), Cholesterol: 195.2mg (65.07%), Sodium: 1785.89mg (77.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.4%), Vitamin C: 120.06mg (145.53%), Selenium: 50.14µg (71.63%), Vitamin A: 3393.45IU (67.87%), Vitamin B12: 3.76µg (62.59%), Phosphorus: 622.86mg (62.29%), Calcium: 502.25mg (50.22%), Vitamin B2: 0.81mg (47.36%), Zinc: 7.07mg (47.16%), Vitamin B3: 8.89mg (44.47%), Vitamin B6: 0.88mg (44.2%), Vitamin B1: 0.46mg (30.49%), Manganese: 0.6mg (29.78%), Potassium: 1010.95mg (28.88%), Folate: 107.99µg (27%), Iron: 4.85mg (26.95%), Vitamin E: 3.81mg (25.43%), Vitamin B5: 2.11mg (21.05%), Magnesium: 74.92mg (18.73%), Fiber: 4.51g (18.04%), Copper: 0.32mg (15.85%), Vitamin K: 15.94µg (15.18%), Vitamin D: 1.41µg (9.43%)