



## Italian Pasta and Beef Bake

READY IN



50 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 oz tomato sauce italian-style canned
- 14.5 oz canned tomatoes diced with basil, garlic and oregano, undrained canned
- 0.5 lb ground beef 80% lean (at least )
- 4.5 oz mushrooms drained sliced
- 1.5 cups mostaccioli pasta (tube-shaped uncooked)
- 0.5 cup mozzarella cheese shredded

### Equipment

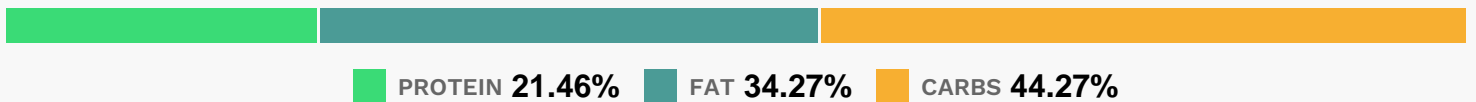
- frying pan

- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350F. Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Cook mostaccioli as directed on package.
- Drain.
- Meanwhile, in 12-inch nonstick skillet, brown ground beef over medium-high heat until thoroughly cooked, stirring frequently.
- Drain. Stir in tomato sauce, tomatoes and mushrooms. Bring to a boil.
- Remove from heat; pour into sprayed baking dish.
- Add cooked mostaccioli; stir gently to mix. Spray sheet of foil with cooking spray; place sprayed side down on baking dish and seal tightly.
- Bake at 350F. for 15 minutes. Uncover; sprinkle with cheese.
- Bake uncovered an additional 5 to 10 minutes or until casserole is bubbly and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:16.9, Inflammation Score:-7, Nutrition Score:21.86217401857%

## Nutrients (% of daily need)

Calories: 407.95kcal (20.4%), Fat: 15.82g (24.34%), Saturated Fat: 6.41g (40.06%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 40.77g (14.82%), Sugar: 10.21g (11.34%), Cholesterol: 51.32mg (17.11%), Sodium: 769.46mg (33.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.57%), Selenium: 41.77µg (59.67%), Manganese: 0.71mg (35.68%), Vitamin B3: 6.59mg (32.95%), Phosphorus: 307.9mg (30.79%), Copper: 0.57mg (28.49%), Potassium: 976.08mg (27.89%), Zinc: 4.05mg (27.01%), Vitamin B6: 0.54mg (26.99%), Vitamin B12: 1.55µg (25.76%), Vitamin B2: 0.4mg (23.51%), Iron: 4.23mg (23.48%), Vitamin C: 17.57mg (21.29%), Fiber: 5.22g (20.86%), Vitamin E: 3.12mg (20.83%), Magnesium: 74.17mg (18.54%), Vitamin B5: 1.58mg (15.78%), Vitamin A:

775.91IU (15.52%), Calcium: 140.55mg (14.05%), Vitamin B1: 0.19mg (13%), Folate: 40.89µg (10.22%), Vitamin K: 9.81µg (9.34%), Vitamin D: 0.18µg (1.18%)