



## Italian Pasta Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 28 oz canned tomatoes diced drained canned
- 2 tablespoons basil fresh chopped
- 2 garlic cloves minced
- 1 medium size bell pepper green chopped
- 1 pound ground beef lean
- 8 oz mushrooms sliced
- 1 medium onion chopped
- 1 tablespoon oregano fresh chopped

- 0.5 teaspoon pepper
- 1.5 teaspoons salt divided
- 8 oz mozzarella cheese shredded
- 1.5 teaspoons sugar
- 26 oz tomato sauce
- 12 oz wacky mac veggie spirals

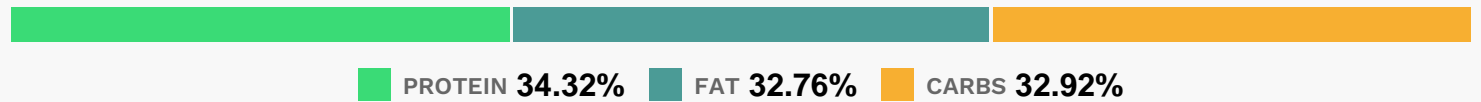
## Equipment

- oven
- baking pan

## Directions

- Cook pasta according to package directions; drain and set aside.
- Cook beef, next 4 ingredients, and 1/2 tsp. salt in a Dutch-oven over medium-high heat, stirring often, 10 minutes or until meat is browned and vegetables are tender.
- Stir in tomatoes, next 5 ingredients, and remaining 1 tsp. salt. Bring to a boil; reduce heat, and simmer 15 minutes.
- Combine tomato mixture and pasta; spoon into a lightly greased 13- x 9-inch baking dish.
- Sprinkle evenly with cheese.
- Bake, uncovered, at 400 for 30 minutes or until bubbly and thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:43.11, Glycemic Load:5.39, Inflammation Score:-9, Nutrition Score:19.599130506101%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 211.69kcal (10.58%), Fat: 8.1g (12.46%), Saturated Fat: 4.13g (25.82%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 13.46g (4.9%), Sugar: 8.18g (9.09%), Cholesterol: 46.04mg (15.35%), Sodium: 993.31mg (43.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Vitamin A: 2445.1IU (48.9%), Vitamin C: 27.13mg (32.88%), Vitamin B3: 5.56mg (27.81%), Phosphorus: 262.59mg (26.26%), Vitamin B12: 1.54µg (25.7%), Zinc: 3.68mg (24.52%), Vitamin B6: 0.49mg (24.36%), Potassium: 818.1mg (23.37%), Selenium: 15.09µg (21.55%), Vitamin B2: 0.36mg (20.98%), Manganese: 0.41mg (20.55%), Iron: 3.64mg (20.22%), Copper: 0.39mg (19.57%), Fiber: 4.85g (19.39%), Calcium: 179.27mg (17.93%), Vitamin E: 2.37mg (15.79%), Magnesium: 55.88mg (13.97%), Vitamin K: 12.8µg (12.19%), Vitamin B5: 1.2mg (12.02%), Vitamin B1: 0.18mg (11.78%), Folate: 39.3µg (9.83%), Vitamin D: 0.18µg (1.21%)