



Johnny Marzetti Casserole

READY IN



115 min.

SERVINGS



6

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound bulk mild sausage italian
- 15 ounce tomato sauce canned
- 14.4 ounce canned tomatoes diced canned
- 0.3 cup celery chopped
- 1 clove garlic minced
- 1 tablespoon bell pepper green minced
- 1 pound ground beef
- 2 cups cheese blend shredded italian
- 0.8 cup onion chopped

- 8 ounces rotini pasta
- 6 servings salt and pepper to taste
- 1.5 cups sharp cheddar cheese shredded

Equipment

- oven
- pot
- casserole dish
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook until just al dente, 6 to 8 minutes; drain. Run cold water over the pasta to stop pasta from cooking further. Set aside.
- Meanwhile, cook the ground beef and sausage until completely browned and crumbled, 7 to 10 minutes.
- Mix in the onion, celery, garlic, and pepper; continue to cook and stir another 5 minutes. Season with salt and pepper.
- Remove from heat and stir in tomatoes and tomato sauce. Allow to cool five minutes.
- Lightly grease a large casserole dish.
- Spread the pasta over the bottom of the dish.
- Sprinkle the Italian cheese blend over the pasta.
- Pour the meat mixture over the pasta and cheese. Cover dish with heavy aluminum foil.
- Bake in preheated oven for 45 minutes; remove foil and sprinkle Cheddar cheese evenly over the casserole. Continue baking until Cheddar cheese has melted, about 5 minutes. Rest for 10 minutes before serving.

Nutrition Facts



■ PROTEIN 22.01% ■ FAT 56.01% ■ CARBS 21.98%

Properties

Glycemic Index:46.5, Glycemic Load:14.69, Inflammation Score:-7, Nutrition Score:24.36304365552%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 746.57kcal (37.33%), Fat: 46.91g (72.16%), Saturated Fat: 17.15g (107.19%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 37.41g (13.6%), Sugar: 7.57g (8.41%), Cholesterol: 118.12mg (39.37%), Sodium: 1208.76mg (52.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.47g (82.94%), Selenium: 53.62µg (76.6%), Phosphorus: 422.74mg (42.27%), Zinc: 5.79mg (38.63%), Vitamin B12: 2.26µg (37.69%), Calcium: 343.26mg (34.33%), Vitamin B3: 6.66mg (33.31%), Vitamin B6: 0.64mg (31.95%), Manganese: 0.62mg (31.01%), Vitamin B1: 0.37mg (24.63%), Potassium: 860.54mg (24.59%), Vitamin B2: 0.41mg (24.29%), Iron: 4.08mg (22.67%), Copper: 0.41mg (20.64%), Magnesium: 72.79mg (18.2%), Vitamin C: 14.99mg (18.17%), Vitamin E: 2.46mg (16.37%), Fiber: 4.01g (16.04%), Vitamin A: 761.31IU (15.23%), Vitamin B5: 1.3mg (12.99%), Folate: 41.76µg (10.44%), Vitamin K: 9.1µg (8.67%), Vitamin D: 0.25µg (1.63%)