



Johnny Marzetti IV

READY IN



45 min.

SERVINGS



5

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce mushrooms sliced canned
- ☐ 30 ounce tomato sauce canned
- ☐ 1 pinch garlic salt
- ☐ 5 servings ground pepper black to taste
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 1.5 tablespoons sugar white
- ☐ 8 ounce wide egg noodles

☐ 1 tablespoon worcestershire sauce

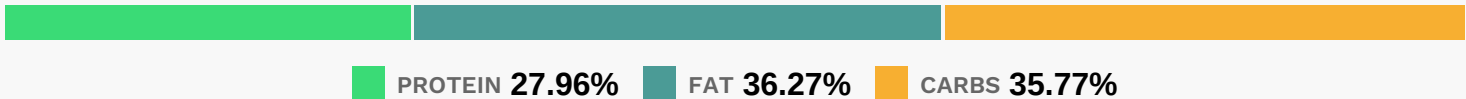
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Cook pasta in a large pot of boiling salted water until al dente.
- ☐ Drain.
- ☐ In a large skillet, cook ground beef, onion, and mushrooms.
- ☐ Drain grease.
- ☐ Mix in garlic salt, ground black pepper, sugar, Worcestershire sauce, and tomato sauce. Simmer for 30 minutes.
- ☐ In a greased 2 quart casserole dish, layer half of the cooked egg noodles, then half of the sauce mixture, followed by half of the grated cheese. Repeat.
- ☐ Bake in a preheated 375 degree (190 degree C) oven for 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:19.76, Inflammation Score:-8, Nutrition Score:29.056521726691%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg 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: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 556.26kcal (27.81%), Fat: 22.59g (34.76%), Saturated Fat: 11.38g (71.1%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 45.06g (16.39%), Sugar: 12.52g (13.91%), Cholesterol: 139.71mg (46.57%), Sodium: 1333.63mg

(57.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.19g (78.37%), Selenium: 66.58µg (95.12%), Phosphorus: 568.03mg (56.8%), Zinc: 7.76mg (51.71%), Vitamin B12: 2.64µg (44.07%), Vitamin B3: 8.1mg (40.51%), Calcium: 380.53mg (38.05%), Vitamin B6: 0.69mg (34.69%), Manganese: 0.65mg (32.33%), Potassium: 1058.31mg (30.24%), Vitamin B2: 0.51mg (30.24%), Iron: 5.17mg (28.7%), Copper: 0.49mg (24.6%), Vitamin A: 1222.82IU (24.46%), Magnesium: 90.67mg (22.67%), Vitamin E: 3.22mg (21.48%), Fiber: 5.06g (20.24%), Vitamin B5: 1.94mg (19.44%), Vitamin C: 13.98mg (16.94%), Vitamin B1: 0.2mg (13.51%), Folate: 50.06µg (12.51%), Vitamin K: 6.64µg (6.32%), Vitamin D: 0.55µg (3.67%)