



Johnny Marzetti V

READY IN



60 min.

SERVINGS



10

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce mushrooms drained sliced canned
- 2 strips celery chopped
- 10.8 ounce cream of mushroom soup canned
- 10.8 ounce condensed tomato soup canned
- 8 ounce extra wide egg noodles dry
- 1 clove garlic minced
- 1 small bell pepper green chopped
- 2 pounds ground beef
- 1 small onion chopped

- 10 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 0.5 cup mozzarella cheese shredded

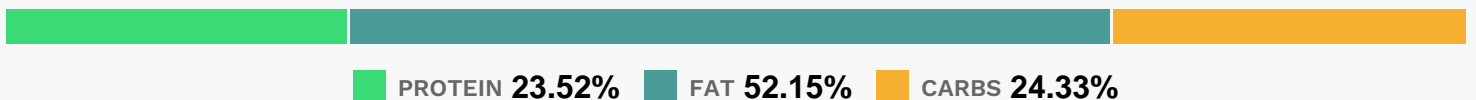
Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add egg noodles and cook for 8 to 10 minutes, or until al dente; drain and set aside.
- In a medium sized saucepan over medium high heat, stir together the ground beef, onion, celery, green bell pepper, garlic, and mushrooms. Cook until beef is evenly brown and vegetables are tender.
- Drain fat. Stir in the tomato soup and cream of mushroom soup.
- Place half of the cooked egg noodles in the prepared baking dish.
- Layer with half of the meat mixture and half of both cheddar and mozzarella cheeses. Salt and pepper to taste, then repeat the layers with the remaining cheese being the top layer; salt and pepper to taste once again, if desired.
- Bake in the preheated oven 30 minutes, or until the cheese is completely melted and the surface is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:8.62, Inflammation Score:-4, Nutrition Score:15.123913034149%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 404.02kcal (20.2%), Fat: 23.25g (35.76%), Saturated Fat: 9.46g (59.14%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 22.69g (8.25%), Sugar: 3.79g (4.21%), Cholesterol: 95.06mg (31.69%), Sodium: 717.29mg (31.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Selenium: 35.55µg (50.78%), Vitamin B12: 2.24µg (37.39%), Zinc: 5.11mg (34.04%), Phosphorus: 274.42mg (27.44%), Vitamin B3: 5.11mg (25.53%), Vitamin B6: 0.42mg (21.15%), Manganese: 0.37mg (18.67%), Potassium: 559.95mg (16%), Iron: 2.77mg (15.36%), Vitamin B2: 0.23mg (13.26%), Vitamin C: 10.5mg (12.73%), Copper: 0.24mg (12%), Magnesium: 41.08mg (10.27%), Calcium: 102.17mg (10.22%), Vitamin B5: 0.87mg (8.73%), Vitamin B1: 0.12mg (7.91%), Fiber: 1.71g (6.82%), Vitamin A: 256.44IU (5.13%), Folate: 20.32µg (5.08%), Vitamin E: 0.64mg (4.29%), Vitamin K: 3.63µg (3.45%), Vitamin D: 0.24µg (1.6%)