



Johnny Marzzetti with Ground Venison

READY IN



90 min.

SERVINGS



6

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce canned tomatoes diced canned
- 1 tablespoon canola oil
- 16 ounce elbow macaroni
- 1 teaspoon garlic powder
- 1 bell pepper green chopped
- 1 pound ground venison
- 1 onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt

- 16 ounce cheddar cheese shredded
- 6 ounce tomato paste canned
- 0.8 cup water

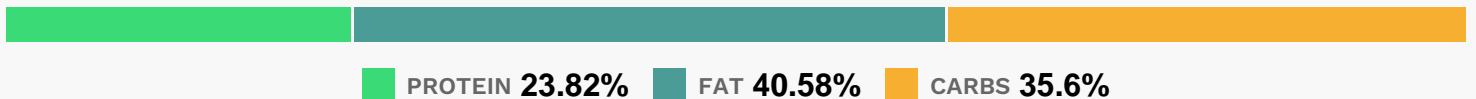
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a glass 9x13 inch baking dish with cooking spray. Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes, or until al dente; drain.
- Meanwhile, heat canola oil in a large skillet over medium-high heat until it begins to smoke.
- Add venison and cook, stirring to break apart, until browned and cooked.
- Drain off any excess oil, then stir in onion and green pepper. Cook for a few minutes until the onion softens, then stir in tomato paste, diced tomatoes, and water until combined. Season with salt, garlic powder, and pepper. Stir together drained macaroni and tomato sauce and pour into prepared baking dish.
- Bake in preheated oven for 45 minutes, then sprinkle evenly with shredded Cheddar cheese, and continue baking until the cheese is bubbly and browned, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:3.09, Inflammation Score:-8, Nutrition Score:32.78130450456%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 774.66kcal (38.73%), Fat: 34.92g (53.72%), Saturated Fat: 17.5g (109.38%), Carbohydrates: 68.92g (22.97%), Net Carbohydrates: 63.81g (23.2%), Sugar: 8.11g (9.01%), Cholesterol: 136.08mg (45.36%), Sodium: 1083.57mg (47.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.11g (92.21%), Selenium: 77.57µg (110.82%), Phosphorus: 685.83mg (68.58%), Calcium: 602.11mg (60.21%), Zinc: 7.37mg (49.15%), Manganese: 0.97mg (48.3%), Vitamin B1: 0.6mg (40.23%), Vitamin B2: 0.66mg (38.89%), Vitamin B6: 0.74mg (37.06%), Vitamin B12: 2.21µg (36.92%), Vitamin B3: 7.03mg (35.13%), Vitamin C: 26.87mg (32.57%), Copper: 0.57mg (28.43%), Iron: 4.81mg (26.71%), Magnesium: 101.79mg (25.45%), Potassium: 849.47mg (24.27%), Vitamin A: 1055.19IU (21.1%), Fiber: 5.11g (20.44%), Vitamin E: 2.78mg (18.53%), Vitamin B5: 1.5mg (14.96%), Folate: 51.74µg (12.93%), Vitamin K: 11.65µg (11.09%), Vitamin D: 0.45µg (3.02%)