



J.W.'s Pepper and Mozzarella Casserole



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 28 ounce tomato sauce canned
- ☐ 3 cloves garlic minced
- ☐ 3 bell peppers green thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 3 onions thinly sliced
- ☐ 3 bell peppers red thinly sliced
- ☐ 0.8 teaspoon pepper flakes red crushed

- ☐ 12 ounce mozzarella cheese shredded
- ☐ 6 ounce tomato paste canned

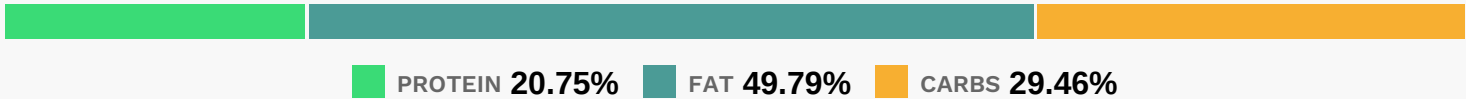
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Mix the tomato sauce, tomato paste, mushrooms, mozzarella cheese, and red pepper flakes together in a bowl.
- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in the green and red bell peppers, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Drain and reserve the liquid from the vegetables; set aside.
- ☐ Spread about 1/3 of the tomato sauce mixture into the bottom of a casserole dish.
- ☐ Layer 1/2 of the vegetables on top, then repeat the layers, topping with the remaining 1/3 of sauce.
- ☐ Drizzle the reserved liquid from the vegetables on top.
- ☐ Bake in the preheated oven until the cheese is melted and the sauce is bubbly, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:24.823913014453%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 313.93kcal (15.7%), Fat: 18.3g (28.16%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 17.62g (6.41%), Sugar: 13.72g (15.24%), Cholesterol: 44.79mg (14.93%), Sodium: 1191.48mg (51.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.33%), Vitamin C: 140.41mg (170.19%), Vitamin A: 3175.54IU (63.51%), Calcium: 345mg (34.5%), Phosphorus: 316.82mg (31.68%), Vitamin B6: 0.61mg (30.62%), Vitamin E: 4.31mg (28.74%), Fiber: 6.74g (26.98%), Potassium: 888.75mg (25.39%), Manganese: 0.48mg (24.12%), Vitamin B12: 1.29µg (21.55%), Vitamin B2: 0.36mg (20.9%), Copper: 0.38mg (18.85%), Selenium: 12.75µg (18.22%), Zinc: 2.64mg (17.62%), Folate: 67.98µg (17%), Vitamin B3: 3.29mg (16.45%), Vitamin K: 17.15µg (16.33%), Iron: 2.86mg (15.86%), Magnesium: 61.86mg (15.47%), Vitamin B1: 0.2mg (13.14%), Vitamin B5: 1.2mg (12%), Vitamin D: 0.3µg (2.02%)