



## Light Italian Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounce pasteurized cheese product light prepared
- 6 green onions chopped
- 2 pounds ground round lean
- 0.5 teaspoon penzey's southwest seasoning italian
- 8 ounce cream cheese light softened
- 2 cups pasta sauce
- 8 ounce cup heavy whipping cream light sour
- 14.5 ounce hunt's tomatoes diced with green pepper, celery & onions canned
- 6 ounces wide egg noodles

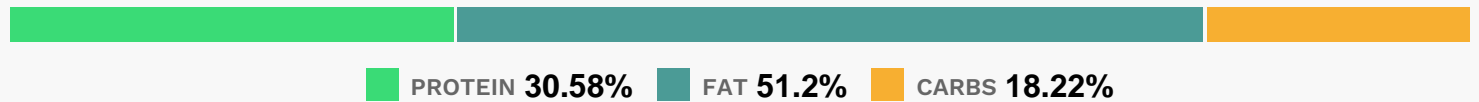
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Cook egg noodles according to package directions; drain. Stir together egg noodles and chopped green onions; set aside.
- Cook ground beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain and return to skillet. Stir in pasta sauce, diced tomatoes, and Italian seasoning.
- Cut cheese loaf into 1/2-inch cubes; reserve and set aside 1 cup. Stir together remaining cheese cubes, sour cream, and cream cheese.
- Spoon one-third of ground beef mixture into a 13- x 9-inch baking dish; top with half of noodle mixture and half of sour cream mixture. Repeat layers once.
- Spoon remaining one-third of ground beef mixture over sour cream mixture, and sprinkle evenly with reserved 1 cup of cheese cubes.
- Bake at 350 for 30 minutes or until cheese is melted and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:23.88, Glycemic Load:8.45, Inflammation Score:-8, Nutrition Score:28.849130402441%

## Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

## Nutrients (% of daily need)

Calories: 591.03kcal (29.55%), Fat: 33.54g (51.6%), Saturated Fat: 18.18g (113.65%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 24.33g (8.85%), Sugar: 6.05g (6.72%), Cholesterol: 170.1mg (56.7%), Sodium: 869.79mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.08g (90.16%), Selenium: 54.97µg (78.53%),

Phosphorus: 631.06mg (63.11%), Vitamin B12: 3.58µg (59.71%), Zinc: 8.82mg (58.83%), Calcium: 522.63mg (52.26%), Vitamin B3: 7.73mg (38.63%), Vitamin B2: 0.6mg (35.04%), Vitamin B6: 0.66mg (32.8%), Vitamin A: 1615.88IU (32.32%), Potassium: 948.13mg (27.09%), Vitamin K: 27.44µg (26.14%), Iron: 4.17mg (23.15%), Magnesium: 74.67mg (18.67%), Manganese: 0.35mg (17.33%), Vitamin B5: 1.64mg (16.39%), Vitamin C: 13.28mg (16.09%), Vitamin E: 2.21mg (14.77%), Copper: 0.29mg (14.59%), Folate: 51.52µg (12.88%), Vitamin B1: 0.16mg (10.71%), Fiber: 2.52g (10.1%), Vitamin D: 0.66µg (4.39%)