



WHATSheATE



Make-Ahead Pizza Casserole

READY IN



580 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb pork sausage italian
- ☐ 2 cups water
- ☐ 15 oz tomato sauce canned
- ☐ 14.5 oz tomatoes diced sweet with onion, undrained canned
- ☐ 10 oz rotini pasta uncooked
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 6 oz mozzarella cheese shredded

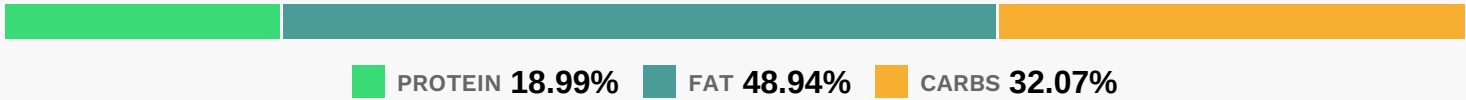
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ In 10-inch skillet, cook sausage over medium-high heat 8 to 10 minutes, stirring frequently, until no longer pink; drain.
- ☐ In ungreased 13x9-inch (3-quart) glass baking dish, mix water, pizza sauce and tomatoes. Stir in cooked sausage, uncooked pasta and olives (pasta should be completely covered with sauce). Cover tightly with foil; refrigerate at least 8 hours or overnight.
- ☐ When ready to bake, heat oven to 350°F. Stir casserole; cover with foil and bake 1 hour to 1 hour 15 minutes or until bubbly.
- ☐ Uncover baking dish; stir mixture.
- ☐ Sprinkle with cheese; bake uncovered 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:15.57, Inflammation Score:-6, Nutrition Score:18.127826027248%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 534.23kcal (26.71%), Fat: 29.03g (44.67%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 39.2g (14.26%), Sugar: 5.76g (6.41%), Cholesterol: 76.83mg (25.61%), Sodium: 1265.1mg (55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.7%), Selenium: 35.27µg (50.39%), Phosphorus: 324.29mg (32.43%), Manganese: 0.57mg (28.71%), Vitamin B3: 5.6mg (28.02%), Vitamin B6: 0.46mg

(22.89%), Zinc: 3.4mg (22.66%), Vitamin B12: 1.29µg (21.48%), Vitamin B1: 0.31mg (20.6%), Calcium: 198.95mg (19.89%), Potassium: 658.16mg (18.8%), Copper: 0.34mg (17.19%), Vitamin B2: 0.29mg (16.78%), Iron: 2.98mg (16.53%), Magnesium: 61.42mg (15.36%), Fiber: 3.61g (14.44%), Vitamin C: 11.86mg (14.38%), Vitamin E: 2.14mg (14.27%), Vitamin A: 677.16IU (13.54%), Vitamin B5: 1.05mg (10.53%), Vitamin D: 1.1µg (7.31%), Folate: 23.42µg (5.86%), Vitamin K: 5.12µg (4.88%)