



Manicotti Italian Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



1008 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce mushrooms drained canned
- ☐ 1 pound ground beef
- ☐ 1 pound sausage italian
- ☐ 8 servings pepperoni thinly sliced
- ☐ 1 pound rigatoni pasta
- ☐ 1.5 pounds mozzarella cheese shredded
- ☐ 64 ounce spaghetti sauce

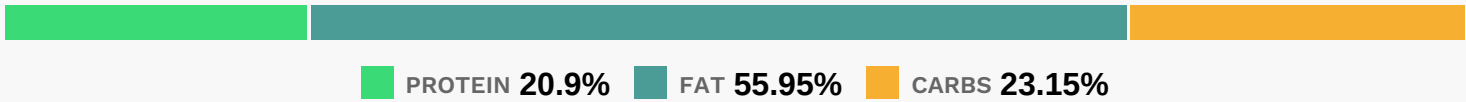
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to boil.
- ☐ Pour in rigatoni, and cook until al dente, about 8 to 10 minutes.
- ☐ Drain, and set pasta aside.
- ☐ Meanwhile, brown ground beef and italian sausage in a large skillet over medium heat. With a slotted spoon, remove beef and sausage to a baking dish. Stir mushrooms, spaghetti sauce, and cooked pasta into the baking dish.
- ☐ Sprinkle cheese and pepperoni over the top.
- ☐ Bake in preheated oven until the cheese is brown and bubbly, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:21.61, Inflammation Score:-8, Nutrition Score:36.327826126762%

Nutrients (% of daily need)

Calories: 1008.33kcal (50.42%), Fat: 62.69g (96.45%), Saturated Fat: 27.14g (169.64%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 52.49g (19.09%), Sugar: 11.13g (12.36%), Cholesterol: 177.7mg (59.23%), Sodium: 2627.01mg (114.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.69g (105.38%), Selenium: 83.5µg (119.29%), Phosphorus: 702.52mg (70.25%), Vitamin B12: 4.03µg (67.21%), Zinc: 8.05mg (53.69%), Manganese: 1.02mg (50.88%), Calcium: 502mg (50.2%), Vitamin B3: 9.39mg (46.94%), Vitamin B6: 0.81mg (40.31%), Vitamin B2: 0.68mg (39.95%), Vitamin B1: 0.58mg (38.49%), Potassium: 1274.49mg (36.41%), Iron: 5.65mg (31.41%), Vitamin A: 1556.96IU (31.14%), Copper: 0.61mg (30.3%), Magnesium: 107.95mg (26.99%), Vitamin E: 4.01mg (26.76%), Fiber: 5.9g (23.59%), Vitamin B5: 2.2mg (22%), Vitamin C: 17.01mg (20.62%), Folate: 49.88µg (12.47%), Vitamin K: 11.01µg (10.48%), Vitamin D: 0.82µg (5.45%)