



## Marcia's Company Casserole

READY IN



70 min.

SERVINGS



8

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 ounce tomato sauce canned
- 1 cup curd cottage cheese
- 8 ounce cream cheese softened
- 8 ounce extra wide egg noodles
- 1 tablespoon bell pepper green finely chopped
- 0.3 cup green onions chopped
- 1 pound ground beef chuck
- 2 tablespoons butter melted
- 0.3 cup cup heavy whipping cream sour

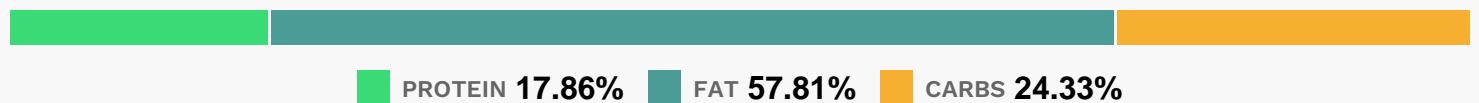
## Equipment

- bowl
- frying pan
- oven
- pot
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish. 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.
- Heat 1 tablespoon margarine in a large heavy skillet over medium-high heat. Cook ground beef until evenly brown. Stir in tomato sauce; remove from heat. In a medium bowl, combine cottage cheese, cream cheese, sour cream, green onion and green pepper.
- Spread 1/2 the cooked noodles in the casserole dish. Cover with cheese mixture, then the remaining noodles.
- Pour melted margarine over the noodles. Spoon meat sauce on top and spread to cover noodles.
- Bake in preheated oven for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.13, Glycemic Load:10.18, Inflammation Score:-6, Nutrition Score:14.222173882567%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 432.4kcal (21.62%), Fat: 27.87g (42.88%), Saturated Fat: 12.2g (76.24%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 24.48g (8.9%), Sugar: 4.69g (5.21%), Cholesterol: 101.41mg (33.8%), Sodium: 520.34mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Selenium: 36.46µg (52.09%), Phosphorus: 253.33mg (25.33%), Vitamin B12: 1.49µg (24.82%), Zinc: 3.33mg (22.18%), Vitamin B3: 3.64mg (18.2%), Vitamin A: 896.38IU (17.93%), Vitamin B6: 0.34mg (16.81%), Manganese: 0.32mg (16.06%), Vitamin B2: 0.27mg (15.96%), Potassium: 479.37mg (13.7%), Iron: 2.3mg (12.8%), Vitamin K: 12.16µg (11.58%), Vitamin B5: 1.06mg (10.58%), Vitamin E: 1.58mg (10.54%), Magnesium: 41.01mg (10.25%), Copper: 0.2mg (10.11%), Calcium: 88.78mg (8.88%), Fiber: 1.91g (7.66%), Vitamin C: 5.76mg (6.98%), Vitamin B1: 0.1mg (6.97%), Folate: 26.24µg (6.56%), Vitamin D: 0.17µg (1.12%)