



## Meat-Lover's Pizza Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb soup noodles uncooked
- 0.5 lb ground sausage italian
- 0.5 cup onion chopped
- 1 medium bell pepper green chopped
- 2 cloves garlic finely chopped
- 30 oz tomato sauce canned
- 8 slices bacon crumbled cooked
- 0.5 package pepperoni sliced (3.5-oz size)
- 8 oz pizza cheese shredded italian

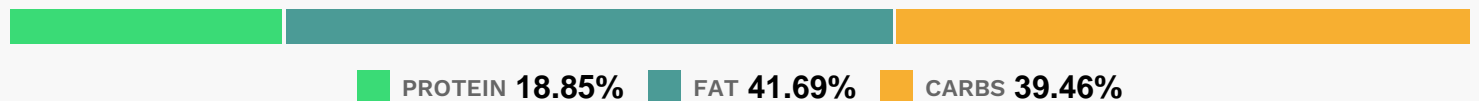
## Equipment

- frying pan
- sauce pan
- oven

## Directions

- Heat oven to 350°F. Spray 3-quart casserole with cooking spray. Cook and drain pasta as directed on package using minimum cook time. Return to saucepan.
- Meanwhile, in 12-inch skillet, cook and stir sausage, onion, bell pepper and garlic over medium-high heat about 7 minutes or until sausage is no longer pink and onion is softened. Stir in pizza sauce, bacon and pepperoni.
- Pour mixture over cooked pasta; stir. Spoon half of pasta mixture (about 4 cups) into casserole.
- Sprinkle with 1 cup of the cheese. Spoon remaining pasta mixture on top.
- Bake 30 minutes; top with remaining 1 cup of cheese.
- Bake 5 to 10 minutes longer or until hot and cheese is melted and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:19.24, Inflammation Score:-6, Nutrition Score:16.697826033053%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 514.91kcal (25.75%), Fat: 24.07g (37.03%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 51.27g (17.09%), Net Carbohydrates: 47.42g (17.24%), Sugar: 6.09g (6.76%), Cholesterol: 43.68mg (14.56%), Sodium: 1043.03mg (45.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Selenium: 50.27µg (71.81%),

Manganese: 0.75mg (37.4%), Vitamin C: 20.94mg (25.38%), Phosphorus: 228.11mg (22.81%), Vitamin B3: 4.31mg (21.53%), Vitamin B1: 0.32mg (21.39%), Vitamin B6: 0.4mg (19.95%), Potassium: 621.61mg (17.76%), Copper: 0.34mg (17.06%), Fiber: 3.85g (15.39%), Magnesium: 56.71mg (14.18%), Zinc: 2.05mg (13.64%), Iron: 2.37mg (13.17%), Vitamin E: 1.78mg (11.83%), Vitamin B2: 0.2mg (11.74%), Vitamin A: 518.59IU (10.37%), Calcium: 96.29mg (9.63%), Vitamin B5: 0.94mg (9.43%), Vitamin B12: 0.46µg (7.66%), Folate: 25.89µg (6.47%), Vitamin K: 4.7µg (4.47%)