



Mild 'Sweet' Tomato Sauce with Elbow Macaroni Bake

READY IN



45 min.

SERVINGS



6

CALORIES



452 kcal

SAUCE

Ingredients

- 4 ounces mushrooms canned
- 8 ounce tomato sauce canned
- 1 carrots
- 0.5 pound elbow macaroni cooked
- 0.5 clove garlic minced
- 0.1 teaspoon ground pepper black
- 0.5 pound ground pork
- 0.5 pound ground beef lean

- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 2 cups sharp cheddar cheese shredded
- 6 ounces tomato paste
- 2 tablespoons vegetable oil
- 0.3 teaspoon sugar white

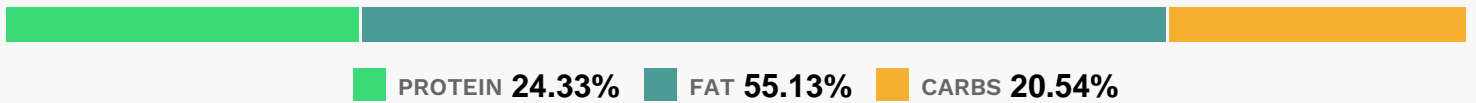
Equipment

- oven

Directions

- Cook beef, pork, onion, and garlic in hot oil until onion is golden.
- Add tomato sauce, tomato paste, mushrooms, carrot, salt, pepper, and sugar, and simmer 15 minutes.
- Remove the carrot and throw away--it is just there for sweetness.
- Alternate layers of macaroni, cheese, and meat in greased 2-quart casserole.
- Sprinkle top with cheese.
- Bake in a 350 degree F (175 degrees C) oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:62.1, Glycemic Load:8.98, Inflammation Score:-9, Nutrition Score:21.576521925304%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 452.34kcal (22.62%), Fat: 27.93g (42.97%), Saturated Fat: 11.88g (74.22%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 20.02g (7.28%), Sugar: 6.79g (7.55%), Cholesterol: 88.32mg (29.44%), Sodium: 977.68mg (42.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.47%), Selenium: 39.13µg (55.91%), Vitamin A: 2675.03IU (53.5%), Phosphorus: 389.51mg (38.95%), Zinc: 4.78mg (31.86%), Calcium: 302.4mg (30.24%), Vitamin B3: 5.55mg (27.76%), Vitamin B12: 1.51µg (25.18%), Vitamin B1: 0.37mg (24.41%), Vitamin B6: 0.48mg (24.03%), Vitamin B2: 0.41mg (23.83%), Potassium: 762.61mg (21.79%), Vitamin E: 2.62mg (17.45%), Iron: 2.91mg (16.16%), Manganese: 0.32mg (15.85%), Copper: 0.3mg (14.95%), Vitamin K: 15.11µg (14.39%), Magnesium: 55.58mg (13.89%), Fiber: 3.39g (13.56%), Vitamin C: 10.78mg (13.07%), Vitamin B5: 1.05mg (10.5%), Folate: 27.89µg (6.97%), Vitamin D: 0.3µg (2.01%)