



Mozechilli Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



792 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef lean
- 16 ounce rotini pasta
- 2 cups mozzarella cheese shredded
- 28 ounce pasta sauce

Equipment

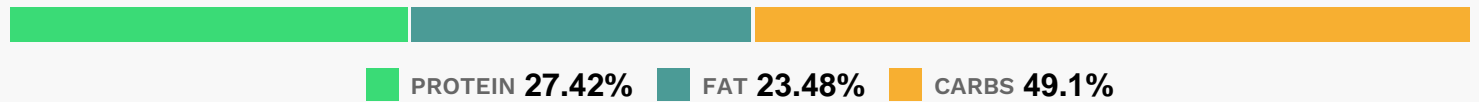
- frying pan
- oven
- pot

casserole dish

Directions

- 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. Preheat oven to 350 degrees F (175 degrees C).
- In a skillet, cook beef until brown over medium heat.
- Drain excess fat from meat.
- Add spaghetti sauce and rotini pasta to browned beef. In a three quart casserole dish layer meat mixture, followed with the mozzarella cheese, repeat.
- Bake in preheated oven for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:37.77, Inflammation Score:-8, Nutrition Score:34.717825972516%

Nutrients (% of daily need)

Calories: 791.69kcal (39.58%), Fat: 20.49g (31.53%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 96.44g (32.15%), Net Carbohydrates: 89.83g (32.67%), Sugar: 10.67g (11.85%), Cholesterol: 114.55mg (38.18%), Sodium: 1373.4mg (59.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.86g (107.72%), Selenium: 102.11µg (145.87%), Phosphorus: 690.67mg (69.07%), Manganese: 1.28mg (64.02%), Vitamin B12: 3.82µg (63.62%), Zinc: 9.44mg (62.95%), Vitamin B3: 10.18mg (50.91%), Vitamin B6: 0.82mg (41.04%), Potassium: 1277.18mg (36.49%), Iron: 6.32mg (35.14%), Calcium: 344.6mg (34.46%), Copper: 0.65mg (32.47%), Vitamin B2: 0.54mg (31.65%), Magnesium: 126.02mg (31.5%), Fiber: 6.61g (26.42%), Vitamin A: 1237.83IU (24.76%), Vitamin E: 3.41mg (22.71%), Vitamin B5: 1.91mg (19.09%), Vitamin C: 13.89mg (16.84%), Vitamin B1: 0.21mg (14.2%), Folate: 47.86µg (11.97%), Vitamin K: 7.3µg (6.95%), Vitamin D: 0.34µg (2.25%)