



Overnight Rotini Bake

 Popular

READY IN



555 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds ground beef lean
- 1 cup onion chopped
- 1 cup bell pepper chopped
- 2 large cloves garlic finely chopped
- 28 ounces canned tomatoes crushed undrained canned
- 2 cups water hot
- 1 ounce onion soup mix (from 2-ounce package)
- 1 teaspoon seasoning italian

- 9 ounces rotini pasta uncooked (corkscrew)
- 6 ounces mozzarella cheese shredded italian

Equipment

- oven
- baking pan
- aluminum foil
- dutch oven

Directions

- Spray rectangular baking dish, 13x9x2 inches, with cooking spray.
- Cook beef, onion, bell pepper and garlic in 4-quart Dutch oven over medium-high heat, stirring occasionally, until beef is brown; drain. Stir in tomatoes, water, soup mix (dry), Italian seasoning and pasta. Spoon into baking dish.
- Cover tightly with aluminum foil and refrigerate at least 8 hours but no longer than 24 hours.
- Heat oven to 375°.
- Bake covered 45 minutes.
- Sprinkle with cheese.
- Bake uncovered about 10 minutes or until cheese is melted and casserole is bubbly.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:12.45, Inflammation Score:-8, Nutrition Score:22.291304292886%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 355.38kcal (17.77%), Fat: 9.87g (15.18%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 33.24g (12.09%), Sugar: 7.25g (8.05%), Cholesterol: 69.53mg (23.18%), Sodium: 611.62mg (26.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.9%), Selenium: 39.58µg (56.54%), Vitamin C: 34.81mg (42.19%), Vitamin B12: 2.39µg (39.83%), Zinc: 5.81mg (38.73%), Phosphorus: 355.33mg (35.53%), Vitamin B3: 6.72mg (33.62%), Vitamin B6: 0.65mg (32.31%), Manganese: 0.58mg (29.21%), Iron: 4.09mg (22.74%), Potassium: 772.48mg (22.07%), Copper: 0.38mg (18.92%), Vitamin A: 945.46IU (18.91%), Vitamin B2: 0.3mg (17.7%), Calcium: 173.56mg (17.36%), Magnesium: 67.53mg (16.88%), Fiber: 3.99g (15.97%), Vitamin E: 1.9mg (12.69%), Vitamin B1: 0.18mg (11.7%), Vitamin B5: 1.11mg (11.1%), Folate: 37.36µg (9.34%), Vitamin K: 8.64µg (8.23%), Vitamin D: 0.17µg (1.13%)