

Pasta Bake

READY IN



55 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounce mushrooms drained canned
- 1 pound ground beef lean
- 8 ounces mostaccioli pasta
- 1 onion chopped
- 2 cups mozzarella cheese shredded
- 28 ounce pasta sauce

Equipment

- bowl

- frying pan
- oven
- pot
- casserole dish

Directions

- Bring a large pot of lightly salted boil water to a boil. Cook mostaccioli pasta in boiling water for 8 to 10 minutes, or until al dente.
- Drain well.
- Meanwhile, cook ground beef and chopped onions in a skillet over medium heat until browned.
- In a large bowl, mix together the mushrooms, spaghetti sauce, shredded mozzarella cheese, pasta, and browned ground beef and onion mixture.
- Transfer to a greased, 9x13 inch casserole dish.
- Bake at 325 degrees F (165 degrees C) for 20 minutes, or until very hot.

Nutrition Facts

PROTEIN 31.57% **FAT 29.65%** **CARBS 38.78%**

Properties

Glycemic Index:17.63, Glycemic Load:10.66, Inflammation Score:-6, Nutrition Score:16.07913048371%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 299.71kcal (14.99%), Fat: 9.87g (15.19%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 26.09g (9.49%), Sugar: 5.49g (6.1%), Cholesterol: 57.27mg (19.09%), Sodium: 745.79mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Selenium: 33.79µg (48.27%), Vitamin B12: 1.91µg (31.81%), Phosphorus: 305.1mg (30.51%), Zinc: 4.45mg (29.65%), Vitamin B3: 4.85mg (24.26%), Manganese: 0.41mg (20.51%), Vitamin B6: 0.4mg (19.76%), Potassium: 613.73mg (17.54%), Calcium: 171.07mg (17.11%), Iron: 2.93mg (16.3%), Vitamin B2: 0.26mg (15.22%), Copper: 0.28mg (14.07%), Magnesium: 51.48mg

(12.87%), Vitamin A: 619.19IU (12.38%), Fiber: 2.97g (11.88%), Vitamin E: 1.68mg (11.17%), Vitamin C: 7.96mg (9.65%), Vitamin B5: 0.96mg (9.64%), Vitamin B1: 0.1mg (6.62%), Folate: 23.14µg (5.79%), Vitamin K: 3.68µg (3.5%), Vitamin D: 0.2µg (1.31%)