

Pasta Pizza Venison Bake

READY IN



40 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces elbow macaroni uncooked
- 1 pound ground venison
- 4 ounces mushrooms drained canned
- 8 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 16 ounces tomato sauce canned
- 0.5 teaspoon salt

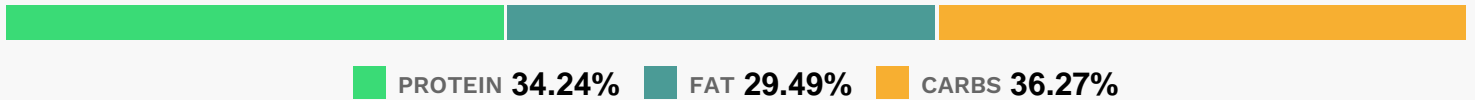
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook macaroni according to package directions. Meanwhile, in a large skillet, cook the venison, salt and pepper over medium heat until meat is no longer pink; drain if necessary.
- Drain the macaroni; place half in a greased 2-qt. baking dish. Top with half of the venison, pizza sauce, mushrooms and cheese. Repeat layers. Cover and bake at 350° for 15 minutes. Uncover; bake 10 minutes longer or until heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:20.357825932295%

Nutrients (% of daily need)

Calories: 377.45kcal (18.87%), Fat: 12.27g (18.88%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 31.4g (11.42%), Sugar: 4.5g (5%), Cholesterol: 84.67mg (28.22%), Sodium: 846.03mg (36.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.13%), Selenium: 39.11µg (55.87%), Phosphorus: 435.2mg (43.52%), Zinc: 5.02mg (33.45%), Vitamin B1: 0.49mg (32.53%), Calcium: 323.48mg (32.35%), Vitamin B3: 6.42mg (32.12%), Vitamin B12: 1.73µg (28.85%), Vitamin B2: 0.48mg (28.2%), Vitamin B6: 0.52mg (26.24%), Manganese: 0.46mg (23.09%), Iron: 3.61mg (20.07%), Copper: 0.37mg (18.64%), Potassium: 651.3mg (18.61%), Magnesium: 57.79mg (14.45%), Vitamin B5: 1.23mg (12.32%), Fiber: 2.55g (10.21%), Vitamin A: 509.61IU (10.19%), Vitamin E: 1.53mg (10.17%), Vitamin C: 5.69mg (6.9%), Folate: 23.26µg (5.82%), Vitamin K: 3.8µg (3.62%), Vitamin D: 0.15µg (1.01%)