



Pepperoni and Cheese Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



982 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup breadcrumbs
- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 4 servings canola oil
- ☐ 6 basil leaves fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 4 servings kosher salt
- ☐ 1 medium onion chopped
- ☐ 6 ounce pepperoni sliced roughly chopped

- ☐ 1 pound rotini pasta
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 medium zucchini chopped

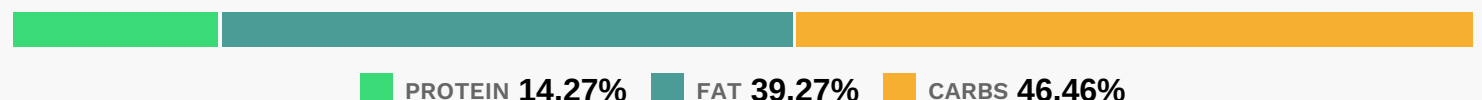
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly grease a 9-by-13-inch baking dish with 1 teaspoon oil.
- ☐ Bring a large pasta pot of water to a boil over high heat.
- ☐ Add a big pinch of salt and the pasta. Cover and return the water to a boil.
- ☐ Remove the cover and cook for 5 minutes. The pasta will not be completely cooked through.
- ☐ Meanwhile, in a large skillet over medium-high heat, add 1 tablespoon oil. When it is hot, add the onions and zucchini and cook until they are softened and brown slightly, about 5 minutes.
- ☐ Add the garlic and pepperoni and cook for another minute.
- ☐ Add the tomatoes and basil and simmer for 5 minutes. Taste and adjust the seasoning with salt and pepper. Reserve 1 cup of the tomato sauce for another use, such as Round 2 Recipe Garlic Bread Pizza.
- ☐ Stir in the pasta and cheese into the skillet.
- ☐ Pour into the prepared baking dish and smooth out the top.
- ☐ Sprinkle the breadcrumbs evenly over the top and drizzle with the 1 tablespoon oil.
- ☐ Bake until the top is browned and the casserole is bubbling, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:39.33, Inflammation Score:-8, Nutrition Score:34.888695447341%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 982.32kcal (49.12%), Fat: 43.13g (66.36%), Saturated Fat: 12.85g (80.32%), Carbohydrates: 114.81g (38.27%), Net Carbohydrates: 105.77g (38.46%), Sugar: 15.3g (17%), Cholesterol: 63.37mg (21.12%), Sodium: 1414.21mg (61.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.54%), Selenium: 93.88µg (134.11%), Manganese: 1.96mg (98.21%), Phosphorus: 496.56mg (49.66%), Copper: 0.81mg (40.68%), Vitamin B6: 0.78mg (38.91%), Vitamin B3: 7.67mg (38.36%), Vitamin E: 5.63mg (37.53%), Vitamin B1: 0.54mg (36.27%), Fiber: 9.04g (36.16%), Vitamin C: 29.8mg (36.12%), Potassium: 1177.78mg (33.65%), Magnesium: 131.48mg (32.87%), Iron: 5.7mg (31.66%), Zinc: 4.42mg (29.46%), Calcium: 284.88mg (28.49%), Vitamin K: 29.52µg (28.11%), Vitamin B2: 0.47mg (27.68%), Vitamin B12: 1.24µg (20.64%), Folate: 82.21µg (20.55%), Vitamin B5: 1.81mg (18.06%), Vitamin A: 746.87IU (14.94%), Vitamin D: 0.66µg (4.43%)