



WHATSheATE



Pepperoni Pizza Casserole

👤 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



930 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 0.5 pound turkey sausage italian
- ☐ 24 ounces tomatoes
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 cup parmigiano reggiano grated (parmesan)
- ☐ 12 ounces soup noodles
- ☐ 4 ounces pepperoni
- ☐ 8 ounces ricotta

☐ 2 cups mozzarella cheese shredded

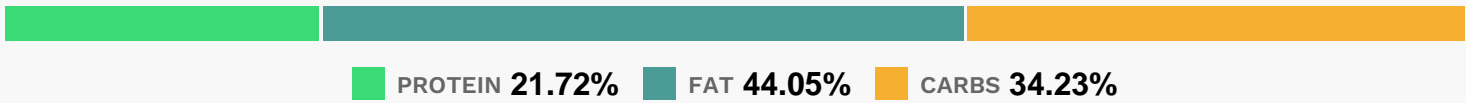
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook the pasta as directed on package but stop 3 minutes early, drain and set aside. Meanwhile, cook the sausage in a large saucepan over medium heat, about 10 minutes.
- ☐ Mix in the sauce with the sausage and 3/4's of the olives and pepperoni and set aside.
- ☐ Mix the ricotta, mozzarella and parmesan and set aside.
- ☐ Place half of the pasta in the bottom of a large baking dish, top with half of the sauce, followed by half of the cheese mixture and repeat with another layer of each, finally topping with the remaining olives, pepperoni and oregano.
- ☐ Bake in a preheated 350F oven covered in foil until bubbling at the sides, about 20-30 minutes, remove the foil and bake until the cheese has melted and started to turn golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:29.45, Inflammation Score:-9, Nutrition Score:34.776956599692%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 929.61kcal (46.48%), Fat: 45.58g (70.12%), Saturated Fat: 21.72g (135.73%), Carbohydrates: 79.68g (26.56%), Net Carbohydrates: 73.24g (26.63%), Sugar: 11.07g (12.3%), Cholesterol: 139.21mg (46.4%), Sodium: 2647.76mg (115.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.57g (101.14%), Selenium: 96.3µg

(137.57%), Phosphorus: 731.97mg (73.2%), Calcium: 619.9mg (61.99%), Manganese: 1.2mg (60.16%), Iron: 9.3mg (51.65%), Zinc: 6.12mg (40.82%), Vitamin B2: 0.65mg (37.98%), Vitamin B12: 2.23µg (37.2%), Vitamin C: 29.15mg (35.33%), Vitamin B3: 6.83mg (34.16%), Vitamin B6: 0.67mg (33.52%), Vitamin A: 1617.23IU (32.34%), Magnesium: 115.34mg (28.83%), Potassium: 1008.05mg (28.8%), Copper: 0.57mg (28.7%), Fiber: 6.45g (25.79%), Vitamin E: 3.72mg (24.8%), Vitamin B5: 1.94mg (19.42%), Vitamin B1: 0.27mg (17.83%), Folate: 49.27µg (12.32%), Vitamin K: 10.41µg (9.91%), Vitamin D: 0.77µg (5.12%)