

Pizza Casserole

🤍 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups extra wide egg noodles uncooked
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 0.5 pound ground beef lean
- 4 tablespoons milk
- 1 onion chopped
- 1 cup pepperoni sausage sliced
- 16 ounces pizza sauce

1 cup mozzarella cheese shredded

Equipment

frying pan

oven

casserole dish

Directions

Cook noodles according to package directions.

Preheat oven to 350 degrees F (175 degrees C).

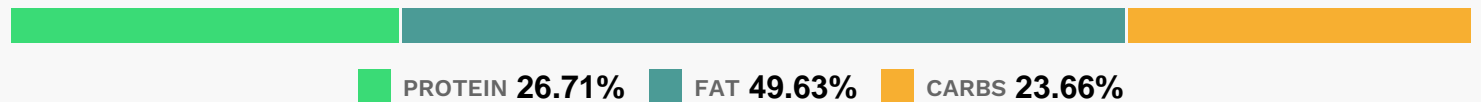
In a medium skillet over medium-high heat, brown the ground beef with the onion, garlic and green bell pepper.

Drain excess fat. Stir in the noodles, pepperoni, pizza sauce and milk, and mix well.

Pour this mixture into a 2-quart casserole dish.

Bake at 350 degrees F (175 degrees C) for 20 minutes, top with the cheese, then bake for 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:4.47, Inflammation Score:-5, Nutrition Score:11.008695623149%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 216.21kcal (10.81%), Fat: 11.96g (18.4%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 11.16g (4.06%), Sugar: 3.65g (4.06%), Cholesterol: 51.22mg (17.07%), Sodium: 604.39mg (26.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.97%), Selenium: 19.55µg (27.93%), Vitamin C: 17.18mg (20.82%), Vitamin B12: 1.21µg (20.1%), Phosphorus: 181.9mg (18.19%), Zinc: 2.59mg (17.24%), Vitamin B3: 3.14mg

(15.69%), Vitamin B6: 0.31mg (15.36%), Manganese: 0.28mg (14.08%), Potassium: 399.37mg (11.41%), Vitamin B2: 0.19mg (10.94%), Calcium: 102.43mg (10.24%), Iron: 1.74mg (9.67%), Vitamin A: 413.57IU (8.27%), Vitamin E: 1.17mg (7.77%), Magnesium: 29.54mg (7.39%), Copper: 0.15mg (7.36%), Vitamin B1: 0.1mg (6.96%), Vitamin B5: 0.69mg (6.95%), Fiber: 1.67g (6.67%), Vitamin K: 4.05µg (3.86%), Folate: 15.08µg (3.77%), Vitamin D: 0.38µg (2.53%)