



## Pizza Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3.5 cups .5 oz. macaroni wheel-shaped uncooked
- 0.5 pound ground sausage italian
- 2.8 cups vegetarian bacon strips
- 0.3 cup olives ripe sliced
- 4 ounces mushroom stems and pieces drained canned
- 4 ounces part-skim mozzarella cheese fat-free shredded

### Equipment

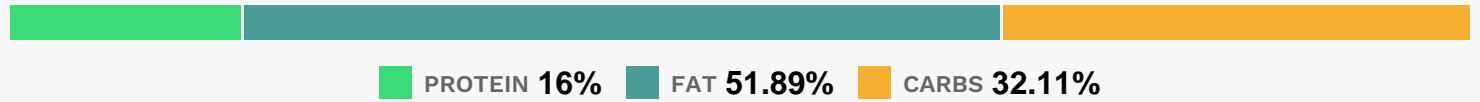
- frying pan

oven

## Directions

- Heat oven to 350°. Cook macaroni as directed on package; drain. Cook sausage in skillet, stirring frequently, until no longer pink; drain.
- Mix macaroni, sausage, pasta sauce, olives and mushrooms in 2 1/2-quart casserole.
- Cover and bake about 30 minutes or until hot.
- Sprinkle with cheese.
- Let stand about 5 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:26.59260883409%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 799.96kcal (40%), Fat: 45.79g (70.44%), Saturated Fat: 11.09g (69.29%), Carbohydrates: 63.75g (21.25%), Net Carbohydrates: 55.92g (20.34%), Sugar: 3.05g (3.39%), Cholesterol: 43.75mg (14.58%), Sodium: 2133.71mg (92.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.77g (63.53%), Vitamin B1: 11.23mg (748.43%), Selenium: 50.86µg (72.65%), Vitamin B12: 4.19µg (69.76%), Vitamin B3: 11.85mg (59.23%), Phosphorus: 566.21mg (56.62%), Vitamin B6: 0.76mg (37.88%), Vitamin B2: 0.59mg (34.8%), Fiber: 7.83g (31.31%), Manganese: 0.59mg (29.27%), Iron: 5.22mg (28.97%), Calcium: 231.24mg (23.12%), Zinc: 2.71mg (18.1%), Potassium: 474.52mg (13.56%), Copper: 0.22mg (10.94%), Magnesium: 42.72mg (10.68%), Vitamin B5: 0.47mg (4.73%), Folate: 15.92µg (3.98%), Vitamin A: 113.01IU (2.26%), Vitamin E: 0.31mg (2.05%)