



Pizza Casserole

 Popular

READY IN



55 min.

SERVINGS



6

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound ground sausage italian
- 3.5 cups .5 oz. macaroni wheel-shaped uncooked
- 4 ounces mushrooms drained canned
- 0.3 cup olives ripe sliced
- 4 ounces part-skim mozzarella cheese fat-free shredded
- 2.8 cups pasta sauce

Equipment

- frying pan

oven

Directions

Heat oven to 35

Cook macaroni as directed on package; drain. Cook sausage in skillet, stirring frequently, until no longer pink; drain.

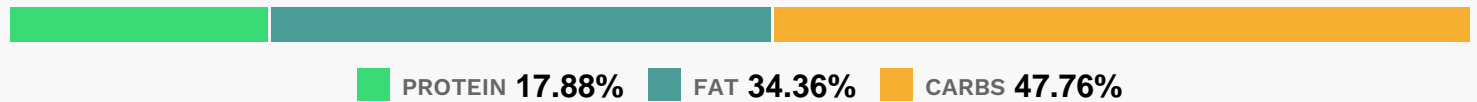
Mix macaroni, sausage, pasta sauce, olives and mushrooms in 2 1/2-quart casserole.

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:17.5, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:17.584782408631%

Flavonoids

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

Nutrients (% of daily need)

Calories: 445.29kcal (22.26%), Fat: 17.04g (26.21%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 49.28g (17.92%), Sugar: 6.25g (6.95%), Cholesterol: 40.82mg (13.61%), Sodium: 1017.93mg (44.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.9%), Selenium: 53.29µg (76.13%), Manganese: 0.71mg (35.73%), Phosphorus: 303.74mg (30.37%), Vitamin B1: 0.32mg (21.11%), Vitamin B3: 4.1mg (20.49%), Copper: 0.41mg (20.4%), Calcium: 186.67mg (18.67%), Potassium: 644.07mg (18.4%), Vitamin B2: 0.31mg (18.05%), Vitamin B6: 0.34mg (17.25%), Fiber: 4.02g (16.08%), Zinc: 2.41mg (16.06%), Magnesium: 61.26mg (15.32%), Iron: 2.48mg (13.8%), Vitamin E: 1.93mg (12.85%), Vitamin A: 599.24IU (11.98%), Vitamin B5: 1.1mg (11.03%), Vitamin C: 9.01mg (10.93%), Vitamin B12: 0.51µg (8.44%), Folate: 29.24µg (7.31%), Vitamin K: 3.59µg (3.42%)