



Pizza Casserole II

READY IN



60 min.

SERVINGS



8

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 17 ounce crescent roll dough refrigerated canned
- ☐ 2 pounds ground beef
- ☐ 14 ounce pizza sauce canned
- ☐ 1.3 ounce sloppy joe seasoning
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup mozzarella cheese shredded

Equipment

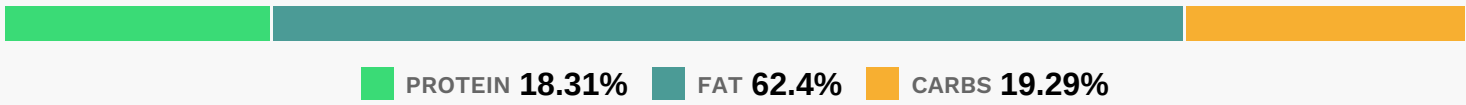
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the beef in a skillet over medium heat. Cook until evenly brown.
- ☐ Drain grease.
- ☐ Mix in sloppy joe seasoning.
- ☐ Press 1 can of refrigerated crescent roll dough in the bottom of a 9x13 inch baking dish.
- ☐ Layer with ground beef.
- ☐ Sprinkle mozzarella cheese and Cheddar cheese over beef.
- ☐ Spread evenly with sauce. Top with remaining crescent roll dough.
- ☐ Bake 40 minutes in the preheated oven, until top is golden brown.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:18.390869575998%

Nutrients (% of daily need)

Calories: 622.63kcal (31.13%), Fat: 43.91g (67.55%), Saturated Fat: 18.77g (117.3%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 27.86g (10.13%), Sugar: 8.17g (9.08%), Cholesterol: 105.7mg (35.23%), Sodium: 965.35mg (41.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.97%), Vitamin B12: 2.9µg (48.26%), Zinc: 5.9mg (39.34%), Selenium: 23.89µg (34.13%), Phosphorus: 313.63mg (31.36%), Vitamin K: 32.73µg (31.17%), Iron: 5.21mg (28.97%), Vitamin B3: 5.52mg (27.6%), Calcium: 271.49mg (27.15%), Vitamin B6: 0.48mg (23.9%), Vitamin B2: 0.33mg (19.19%), Potassium: 533.08mg (15.23%), Manganese: 0.3mg (15%), Vitamin E: 2.15mg (14.35%), Magnesium: 45.77mg (11.44%), Fiber: 2.7g (10.81%), Vitamin A: 529.35IU (10.59%), Vitamin B5: 0.84mg (8.43%), Copper: 0.16mg (8.08%), Folate: 27.27µg (6.82%), Vitamin B1: 0.08mg (5.14%), Vitamin C: 3.58mg (4.34%), Vitamin D: 0.25µg (1.69%)