



 **100%**
HEALTH SCORE

Pizza Casserole with Turkey Sausage

 Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



2231 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound ground sausage italian
- 4 ounces mushrooms drained canned
- 0.3 cup olives ripe sliced
- 8 ounces soup noodles uncooked
- 28 ounces pasta sauce
- 4 ounces mozzarella cheese shredded

Equipment

- frying pan

oven

Directions

Heat oven to 350F.

Cook and drain pasta as directed on package.

While pasta is cooking; cook sausage in 10-inch skillet over medium-heat, stirring occasionally, until no longer pink; drain.

Mix pasta, sausage and remaining ingredients except cheese in ungreased 2 1/2-quart casserole.

Cover and bake about 30 minutes or until hot and bubbly.

Sprinkle with cheese.

Bake uncovered about 5 minutes or until cheese is melted.

Nutrition Facts



PROTEIN 17.83% **FAT 43.04%** **CARBS 39.13%**

Properties

Glycemic Index:174, Glycemic Load:83.59, Inflammation Score:-10, Nutrition Score:76.854347685109%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

Nutrients (% of daily need)

Calories: 2230.72kcal (111.54%), Fat: 107.75g (165.78%), Saturated Fat: 42.17g (263.56%), Carbohydrates: 220.45g (73.48%), Net Carbohydrates: 199.04g (72.38%), Sugar: 37.91g (42.12%), Cholesterol: 261.95mg (87.32%), Sodium: 6677.21mg (290.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 100.41g (200.82%), Selenium: 234.47µg (334.96%), Manganese: 3.15mg (157.4%), Phosphorus: 1465.32mg (146.53%), Vitamin B1: 1.82mg (121.05%), Vitamin B3: 23.38mg (116.92%), Potassium: 3898.06mg (111.37%), Copper: 2.16mg (108.17%), Vitamin B2: 1.81mg (106.6%), Vitamin B6: 1.95mg (97.54%), Vitamin E: 13.19mg (87.95%), Vitamin A: 4336.3IU (86.73%), Zinc: 12.92mg (86.12%), Fiber: 21.41g (85.65%), Iron: 14.48mg (80.42%), Calcium: 793.19mg (79.32%), Vitamin B12: 4.69µg (78.24%), Magnesium: 307.62mg (76.9%), Vitamin C: 62.48mg (75.74%), Vitamin B5: 6.45mg (64.52%), Folate: 158.64µg (39.66%), Vitamin K: 25.53µg (24.32%), Vitamin D: 0.68µg (4.54%)