

Pizza Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef lean
- 1 small onion diced
- 4 ounces pepperoni sliced
- 8 ounces rotini pasta
- 2 cups mozzarella cheese shredded
- 28 ounce pasta sauce

Equipment

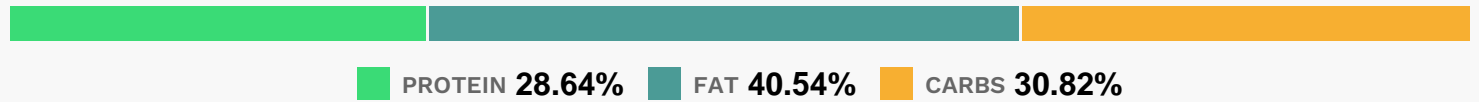
- frying pan

- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a medium skillet over medium–high heat, cook beef with onion until beef is brown.
- Drain.
- Combine beef mixture with spaghetti sauce, pepperoni and cooked pasta and pour into a 9x13 inch baking dish. Top with mozzarella.
- Bake in preheated oven for 30 minutes, until cheese is melted and golden.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:14.14, Inflammation Score:-7, Nutrition Score:22.715216999469%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 487.48kcal (24.37%), Fat: 21.85g (33.62%), Saturated Fat: 10.12g (63.25%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 33.99g (12.36%), Sugar: 6.6g (7.33%), Cholesterol: 94.7mg (31.57%), Sodium: 1212.42mg (52.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.47%), Selenium: 49.72µg (71.03%), Vitamin B12: 2.79µg (46.51%), Phosphorus: 422.25mg (42.23%), Zinc: 6.24mg (41.62%), Vitamin B3: 7.1mg (35.51%), Manganese: 0.63mg (31.72%), Vitamin B6: 0.58mg (28.8%), Potassium: 835.98mg (23.89%), Vitamin B2: 0.39mg (22.81%), Calcium: 228.07mg (22.81%), Iron: 4mg (22.23%), Copper: 0.35mg (17.27%), Magnesium: 68.55mg (17.14%), Vitamin A: 825.46IU (16.51%), Vitamin E: 2.43mg (16.18%), Fiber: 3.39g (13.57%), Vitamin B5: 1.35mg (13.48%), Vitamin C: 10.12mg (12.27%), Vitamin B1: 0.16mg (10.97%), Folate: 28.27µg (7.07%), Vitamin K: 5.97µg

(5.69%), Vitamin D: 0.47 μ g (3.14%)