



Venison Mostaccioli Casserole

READY IN



83 min.

SERVINGS



8

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce tomato sauce canned
- 0.3 teaspoon basil dried
- 0.1 teaspoon garlic powder
- 1 pound ground venison
- 3 cups mozzarella cheese grated
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 16 ounce tube pasta
- 8 servings salt and pepper to taste

- 1 onion yellow chopped

Equipment

- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- Bring a large pot of lightly salted water to a boil.
- Add the pasta and cook until al dente, about 8 to 10 minutes.
- Drain and reserve pasta.
- Meanwhile, place the olive oil into a skillet set over medium-high heat. Stir in the onion, and cook until soft and translucent, about 5 minutes.
- Add the venison and cook until crumbled and no longer pink, about 10 minutes.
- Drain, if necessary. Stir in the tomato sauce, basil, and garlic powder. Season to taste with salt and pepper, and turn off the heat.
- Assemble the casserole by spooning a layer of the venison sauce over the bottom of the prepared baking dish.
- Sprinkle the sauce with Parmesan cheese, and layer with cooked pasta. Top with the sauce, layer with pasta, and half of the Mozzarella. Repeat the layers to use the remaining ingredients, ending with a layer of Mozzarella cheese. Cover the dish with aluminum foil.
- Bake in preheated oven for 20 minutes.
- Remove the foil cover and bake until the cheese topping is light gold, about 10 minutes more.

Nutrition Facts



PROTEIN 26.3% FAT 32.85% CARBS 40.85%

Properties

Glycemic Index:18.25, Glycemic Load:18.46, Inflammation Score:-6, Nutrition Score:19.622173817261%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 472.48kcal (23.62%), Fat: 17.09g (26.29%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 44.94g (16.34%), Sugar: 4.43g (4.92%), Cholesterol: 81.26mg (27.09%), Sodium: 810.34mg (35.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.57%), Selenium: 50.14µg (71.63%), Phosphorus: 408.24mg (40.82%), Vitamin B12: 2.06µg (34.33%), Zinc: 4.69mg (31.25%), Manganese: 0.62mg (31.09%), Calcium: 269.35mg (26.93%), Vitamin B1: 0.39mg (26.26%), Vitamin B3: 4.79mg (23.93%), Vitamin B6: 0.43mg (21.57%), Vitamin B2: 0.37mg (21.48%), Iron: 3.17mg (17.63%), Copper: 0.32mg (15.83%), Magnesium: 61.06mg (15.27%), Potassium: 530.6mg (15.16%), Fiber: 2.86g (11.45%), Vitamin A: 541.62IU (10.83%), Vitamin E: 1.44mg (9.58%), Vitamin B5: 0.89mg (8.87%), Folate: 23.12µg (5.78%), Vitamin C: 4.74mg (5.74%), Vitamin K: 4.89µg (4.66%), Vitamin D: 0.18µg (1.22%)