

Pepperoni Casserole

Judy Porter

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1 pound hot Italian sausage
1 green pepper, diced
1 medium onion, diced
1 can (4 ounce) mushrooms, drained
1 clove garlic, crushed
1/4 pound pepperoni sausage, thinly sliced
1 can (16 ounce) Italian cooking sauce
1 can (16 ounce) stewed tomatoes
1 package (8 ounce) seashell macaroni
1 package (8 ounce) mozzarella cheese, shredded

Preheat the oven to 350 degrees.

Lightly grease a 13x9x2-inch baking dish.

In a large skillet, cook together the sausage, green pepper, onion, mushrooms, garlic and pepperoni until the sausage is no longer pink. Pour off the excess fat. Add the cooking sauce and stewed tomatoes. Simmer for 30 minutes.

In a large saucepan, cook the macaroni according to package directions. Drain well. Add the shells to the sauce and mix gently.

Pour the mixture into the greased baking dish. Top with the mozzarella cheese.

Bake for 20 minutes.

Let stand 5 minutes before serving.

Per Serving (excluding unknown items): 180 Calories; 13g Fat (64.9% calories from fat); 9g Protein; 7g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 477mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	180	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.9%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	15.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.6%	Riboflavin B2 (mg):	.1mg

Total Fat (g): 13g
Saturated Fat (g): 6g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 32mg
Carbohydrate (g): 7g
Dietary Fiber (g): 1g
Protein (g): 9g
Sodium (mg): 477mg
Potassium (mg): 258mg
Calcium (mg): 131mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 24mg
Vitamin A (i.u.): 526IU
Vitamin A (r.e.): 86 1/2RE

Folacin (mcg): 13mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 180 **Calories from Fat:** 117

% Daily Values*

Total Fat	13g	20%
Saturated Fat	6g	30%
Cholesterol	32mg	11%
Sodium	477mg	20%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	5%
Protein	9g	
<hr/>		
Vitamin A		11%
Vitamin C		40%
Calcium		13%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.