



All In One Pot Saucy Pasta

READY IN



40 min.

SERVINGS



40

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb extra-lean ground beef
- 1 cup mushrooms fresh sliced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion chopped
- 24 oz classico family favorites pasta sauce traditional
- 1 bell pepper red chopped
- 3 cups rotini pasta uncooked
- 3.5 cups water

Equipment

- frying pan
- dutch oven

Directions

- Brown meat in Dutch oven or large deep skillet; drain. Return meat to pan.
- Add onions; cook and stir 5 min. or until crisp-tender.
- Stir in pasta, water and pasta sauce. Bring to boil; cover. Simmer on medium-low heat 15 min., stirring occasionally.
- Add vegetables; cook 5 min., stirring frequently. Top with cheese.

Nutrition Facts

PROTEIN 35.13% **FAT 22.57%** **CARBS 42.3%**

Properties

Glycemic Index:4.45, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:3.1560869514942%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 45.83kcal (2.29%), Fat: 1.15g (1.77%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.32g (1.57%), Sugar: 1.05g (1.16%), Cholesterol: 8.82mg (2.94%), Sodium: 107.1mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Selenium: 5.56µg (7.95%), Vitamin C: 5.25mg (6.37%), Phosphorus: 52.15mg (5.21%), Zinc: 0.78mg (5.21%), Vitamin B3: 0.99mg (4.95%), Vitamin B12: 0.28µg (4.63%), Vitamin B6: 0.08mg (4.2%), Vitamin A: 180.32IU (3.61%), Manganese: 0.07mg (3.44%), Potassium: 120.07mg (3.43%), Vitamin B2: 0.05mg (3.14%), Iron: 0.53mg (2.94%), Calcium: 27.78mg (2.78%), Copper: 0.05mg (2.73%), Magnesium: 9.13mg (2.28%), Vitamin E: 0.33mg (2.22%), Fiber: 0.53g (2.13%), Vitamin B5: 0.2mg (1.96%), Folate: 5.46µg (1.36%), Vitamin B1: 0.02mg (1.21%)