



## Baked Linguine with Meat Sauce

READY IN



70 min.

SERVINGS



8

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 8 ounce tomato sauce   canned
- ☐ 28 ounce canned tomatoes   crushed canned
- ☐ 8 ounce cream cheese   softened
- ☐ 2 garlic cloves   minced
- ☐ 1 bunch green onions   chopped
- ☐ 2 pounds ground beef   lean
- ☐ 8 ounces pasta   uncooked
- ☐ 1 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese   shredded

- ☐ 16 ounce cup heavy whipping cream   sour
- ☐ 2 teaspoons sugar
- ☐ 6 ounce tomato paste   canned

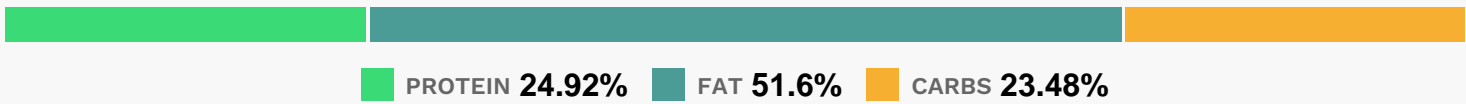
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

## Directions

- ☐ Cook beef and garlic in a Dutch oven, stirring until beef crumbles and is no longer pink. Stir in tomatoes and next 4 ingredients; simmer 30 minutes. Set mixture aside.
- ☐ Cook pasta according to package directions; drain.
- ☐ Place pasta in a lightly greased 13- x 9-inch baking dish.
- ☐ Stir together sour cream, cream cheese, and green onions.
- ☐ Spread over pasta. Top with meat sauce.
- ☐ Bake at 350 for 20 to 25 minutes or until thoroughly heated.
- ☐ Sprinkle with Cheddar cheese, and bake 5 more minutes or until cheese melts.
- ☐ Let stand 5 minutes.
- ☐ Serve with a salad and bread, if desired.
- ☐ Note: To lighten dish, use no-salt-added tomato products, light sour cream, light cream cheese, and reduced-fat Cheddar cheese.

## Nutrition Facts



## Properties

Glycemic Index:43.64, Glycemic Load:12.89, Inflammation Score:-8, Nutrition Score:28.146956635558%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 638.97kcal (31.95%), Fat: 36.92g (56.81%), Saturated Fat: 19.59g (122.42%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 34.09g (12.4%), Sugar: 11.24g (12.48%), Cholesterol: 160.74mg (53.58%), Sodium: 953.26mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.13g (80.25%), Selenium: 51.23µg (73.19%), Zinc: 7.95mg (53%), Phosphorus: 529.84mg (52.98%), Vitamin B12: 3.02µg (50.37%), Vitamin B3: 8.58mg (42.9%), Vitamin B6: 0.76mg (38.16%), Calcium: 350mg (35%), Vitamin B2: 0.57mg (33.5%), Potassium: 1034.29mg (29.55%), Vitamin A: 1429.81IU (28.6%), Iron: 5.08mg (28.23%), Manganese: 0.55mg (27.62%), Copper: 0.45mg (22.6%), Magnesium: 84.99mg (21.25%), Vitamin E: 2.95mg (19.68%), Vitamin B5: 1.75mg (17.49%), Vitamin C: 14.38mg (17.43%), Vitamin K: 15.9µg (15.14%), Fiber: 3.72g (14.86%), Vitamin B1: 0.2mg (13.23%), Folate: 42.84µg (10.71%), Vitamin D: 0.28µg (1.89%)