



## Baked Penne with Veal

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 43.5 ounce tomatoes diced undrained canned
- ☐ 6 cups penne pasta hot cooked uncooked ( 12 ounces pasta)
- ☐ 1.5 cups egg substitute
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 pound ground veal

- ☐ 3 cups milk 1% low-fat
- ☐ 2 tablespoons butter
- ☐ 4 cups onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon pepper
- ☐ 2 ounces romano cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar

## Equipment

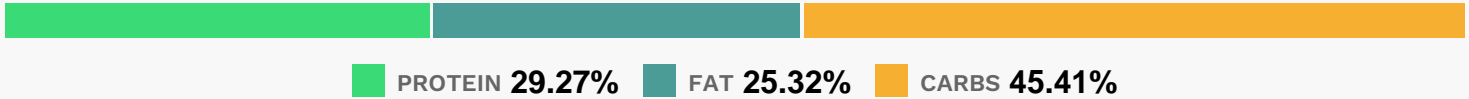
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ colander

## Directions

- ☐ Cook veal in a large nonstick skillet over medium heat until browned, stirring to crumble.
- ☐ Drain in a colander; set aside.
- ☐ Coat skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion; saut 10 minutes.
- ☐ Add 1 teaspoon salt and next 6 ingredients (1 teaspoon salt through tomatoes); bring to a boil. Reduce heat, and simmer 20 minutes, stirring occasionally. Return veal to skillet; simmer an additional 10 minutes. Set veal mixture aside.
- ☐ Melt the margarine in a medium saucepan over medium heat.

- ☐ Add flour, stirring constantly with a wire whisk until blended. Gradually add milk, stirring constantly. Bring to a boil; reduce heat, and simmer 10 minutes or until slightly thickened, stirring constantly.
- ☐ Remove from heat; set aside.
- ☐ Place egg substitute in a medium bowl; beat at high speed of a mixer until doubled in volume. Gradually add hot milk mixture to egg substitute, stirring constantly with a wire whisk. Stir in 1/2 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Preheat oven to 35
- ☐ Combine veal mixture and pasta in a large bowl, stir well. Divide veal mixture evenly between 2 (11 x 7-inch) baking dishes coated with cooking spray.
- ☐ Pour sauce evenly over each dish of veal mixture (poke with a fork in several places to allow the sauce to run to the bottom of the dish).
- ☐ Combine cheese and 1/4 teaspoon cinnamon; stir well, and sprinkle evenly over each dish of veal mixture. Cover and bake at 350 for 30 minutes. Uncover and bake an additional 15 minutes.
- ☐ Let stand 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.3, Glycemic Load:8.05, Inflammation Score:-6, Nutrition Score:15.396956454153%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

## Nutrients (% of daily need)

Calories: 242.79kcal (12.14%), Fat: 6.88g (10.59%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 24.87g (9.04%), Sugar: 8.69g (9.66%), Cholesterol: 38.86mg (12.95%), Sodium: 632.96mg (27.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Selenium: 29.55µg (42.21%), Phosphorus: 258.41mg (25.84%), Vitamin B2: 0.41mg (23.88%), Vitamin B6: 0.45mg (22.36%), Calcium: 204.97mg

(20.5%), Manganese: 0.4mg (20.03%), Vitamin B3: 4mg (19.98%), Vitamin B12: 1.02µg (17.06%), Vitamin C: 13.98mg (16.94%), Potassium: 579.71mg (16.56%), Zinc: 2.3mg (15.36%), Iron: 2.71mg (15.04%), Vitamin B5: 1.48mg (14.76%), Vitamin B1: 0.19mg (12.88%), Magnesium: 47.89mg (11.97%), Fiber: 2.91g (11.62%), Copper: 0.19mg (9.56%), Vitamin E: 1.42mg (9.44%), Folate: 34.94µg (8.73%), Vitamin A: 408.86IU (8.18%), Vitamin D: 1.15µg (7.68%), Vitamin K: 3.73µg (3.55%)