



Baked Rotini

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes crushed canned
- 8 ounces rotini cooked
- 0.5 teaspoon basil dried
- 0.3 teaspoon garlic powder
- 1 small bell pepper green chopped
- 1 pound ground beef
- 4.5 ounce mushrooms undrained sliced
- 1 small onion chopped
- 0.3 teaspoon oregano dried

- 0.3 teaspoon pepper dried red crushed
- 1 teaspoon salt
- 12 ounces mozzarella cheese shredded
- 6 ounce tomato paste canned

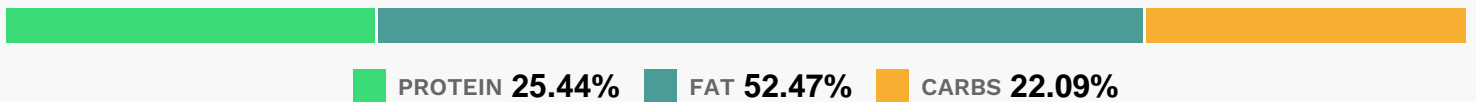
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook first 3 ingredients in a large skillet over medium heat, stirring until beef crumbles and is no longer pink; drain and return to skillet.
- Stir in tomatoes and next 7 ingredients; bring to a boil. Reduce heat, and simmer, stirring occasionally, 20 minutes. Stir in rotini and cheese. Spoon into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:28.81, Glycemic Load:7.04, Inflammation Score:-6, Nutrition Score:17.969130526418%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 364.59kcal (18.23%), Fat: 21.54g (33.14%), Saturated Fat: 10.06g (62.89%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 17.06g (6.2%), Sugar: 6.82g (7.57%), Cholesterol: 73.85mg (24.62%), Sodium: 757.19mg (32.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.5g (46.99%), Vitamin B12: 2.19µg (36.49%),

Selenium: 25.51µg (36.44%), Phosphorus: 314.06mg (31.41%), Zinc: 4.2mg (28.03%), Calcium: 274.18mg (27.42%), Vitamin C: 19.51mg (23.65%), Vitamin B3: 4.67mg (23.35%), Vitamin B6: 0.45mg (22.28%), Vitamin B2: 0.34mg (20.2%), Iron: 3.44mg (19.13%), Manganese: 0.37mg (18.61%), Potassium: 635.4mg (18.15%), Copper: 0.35mg (17.57%), Fiber: 3.35g (13.38%), Magnesium: 51.36mg (12.84%), Vitamin E: 1.92mg (12.78%), Vitamin A: 600.97IU (12.02%), Vitamin B1: 0.16mg (10.41%), Vitamin K: 10.63µg (10.12%), Vitamin B5: 0.97mg (9.72%), Folate: 30.3µg (7.57%), Vitamin D: 0.26µg (1.72%)