



WHATSheATE



Barbecued Beef and Bow-Tie Dinner

READY IN



30 min.

SERVINGS



4

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup bell pepper red chopped
- ☐ 5 oz farfalle pasta mini uncooked (farfalle)
- ☐ 2.5 cups beef broth (from 32-oz carton)
- ☐ 0.5 cup barbecue sauce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup corn frozen thawed (from 12-oz bag)
- ☐ 6 oz cheddar cheese shredded

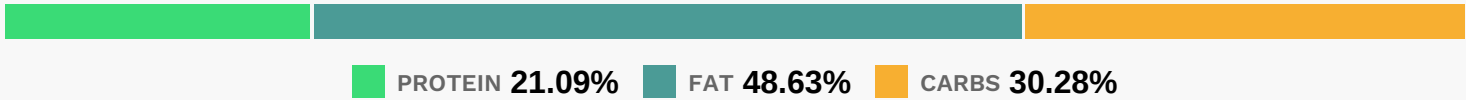
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Add bell pepper; cook and stir 1 minute. Stir in pasta, broth, barbecue sauce, salt and pepper.
- ☐ Heat to boiling; reduce heat to medium-low. Cover; cook 15 minutes, stirring occasionally, until pasta is tender.
- ☐ Stir in corn and 1 cup of the cheese. Top with remaining 1/2 cup cheese. Cover; cook 3 to 4 minutes longer, until corn is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:11.4, Inflammation Score:-8, Nutrition Score:27.366521752399%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 715.41kcal (35.77%), Fat: 38.67g (59.49%), Saturated Fat: 17.22g (107.61%), Carbohydrates: 54.16g (18.05%), Net Carbohydrates: 50.74g (18.45%), Sugar: 14.52g (16.13%), Cholesterol: 123.04mg (41.01%), Sodium: 1576.7mg (68.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.74g (75.47%), Selenium: 53.33µg (76.18%), Vitamin C: 50.86mg (61.65%), Phosphorus: 513.33mg (51.33%), Vitamin B12: 2.98µg (49.71%), Zinc: 7.25mg (48.3%), Vitamin B3: 7.86mg (39.3%), Calcium: 354.29mg (35.43%), Vitamin B6: 0.67mg (33.52%), Vitamin A: 1674.8IU (33.5%), Vitamin B2: 0.5mg (29.2%), Manganese: 0.52mg (26.21%), Potassium: 783.48mg (22.39%), Iron: 3.67mg (20.38%), Magnesium: 75.08mg (18.77%), Folate: 60.62µg (15.15%), Fiber: 3.42g (13.7%), Vitamin B5: 1.23mg (12.27%), Copper: 0.24mg (12.03%), Vitamin E: 1.7mg (11.32%), Vitamin B1: 0.17mg (11.13%), Vitamin K: 5.77µg (5.5%), Vitamin D: 0.37µg (2.46%)