

Bats and Cobwebs

READY IN



40 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce farfalle pasta (bow tie)
- 1 pound ground beef
- 8 ounces mozzarella cheese cut into 1/2 inch cubes
- 0.3 cup parmesan cheese grated
- 28 ounce pasta sauce

Equipment

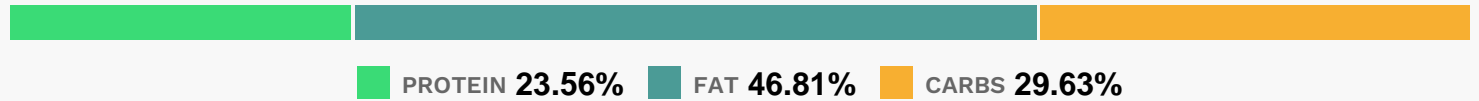
- frying pan
- oven

- pot
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Fill a large pot with lightly salted water, bring to a rolling boil over high heat. Stir in the bow tie pasta and return to a boil. Boil pasta, stirring occasionally, until cooked through but still firm to the bite, about 12 minutes.
- Drain well.
- Cook and stir ground beef and onion in a large skillet until beef is no longer pink, about 5 minutes.
- Drain fat. Stir in pasta sauce and bring to a boil. Reduce heat to simmer.
- Stir cooked pasta and half of the mozzarella cheese into the sauce; toss to combine.
- Transfer to a 2-quart baking dish. Top with remaining mozzarella and Parmesan cheese.
- Bake in preheated oven until lightly browned and bubbly, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:13.84, Inflammation Score:-7, Nutrition Score:19.940434740937%

Nutrients (% of daily need)

Calories: 494.95kcal (24.75%), Fat: 25.7g (39.54%), Saturated Fat: 11.58g (72.36%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.4g (12.15%), Sugar: 6.11g (6.79%), Cholesterol: 87.16mg (29.05%), Sodium: 989.93mg (43.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Selenium: 43.91µg (62.72%), Vitamin B12: 2.54µg (42.26%), Phosphorus: 386.83mg (38.68%), Zinc: 5.27mg (35.12%), Calcium: 267.79mg (26.78%), Vitamin B3: 5.19mg (25.96%), Manganese: 0.51mg (25.53%), Vitamin B6: 0.44mg (22.24%), Potassium: 717.73mg (20.51%), Vitamin B2: 0.34mg (20.11%), Iron: 3.41mg (18.96%), Vitamin A: 864.41IU (17.29%), Copper: 0.31mg (15.67%), Vitamin E: 2.35mg (15.66%), Magnesium: 61.75mg (15.44%), Fiber: 3.19g (12.78%), Vitamin C: 9.26mg (11.23%), Vitamin B5: 1.02mg (10.18%), Vitamin B1: 0.11mg (7.38%), Folate: 26.9µg (6.72%), Vitamin K: 6.04µg (5.76%), Vitamin D: 0.25µg (1.65%)