



Beef and Bow Ties Pasta

READY IN



55 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups bow-tie pasta farfalle
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.8 teaspoon salt
- ☐ 2 cups tomatoes fresh chopped

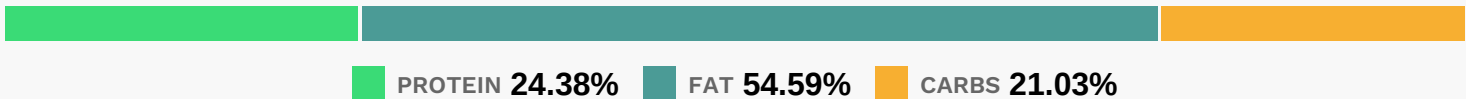
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow-tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ In a large skillet over medium heat, cook the ground beef until browned and crumbly, about 10 minutes; drain off excess fat. Stir in garlic and cook for 5 minutes, stirring frequently. Stir in tomatoes, salt, and pepper. Cook, stirring occasionally, until tomatoes are soft, about 5 minutes.
- ☐ Place the bow-tie pasta into a large serving dish, and pour the ground beef mixture over the pasta.
- ☐ Sprinkle on the chopped basil. Toss lightly to combine, and sprinkle with Parmesan cheese before serving.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:15.965652108192%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 404.6kcal (20.23%), Fat: 24.24g (37.29%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 19.31g (7.02%), Sugar: 2.59g (2.88%), Cholesterol: 83.78mg (27.93%), Sodium: 583.15mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Selenium: 32.87µg (46.96%), Vitamin B12: 2.48µg (41.29%), Zinc: 5.38mg (35.89%), Vitamin B3: 5.65mg (28.24%), Phosphorus: 267.55mg (26.75%), Vitamin B6: 0.49mg (24.53%), Manganese: 0.37mg (18.6%), Potassium: 553.54mg (15.82%), Iron: 2.8mg (15.53%), Vitamin A: 706.66IU (14.13%), Vitamin C: 11.09mg (13.44%), Vitamin B2: 0.21mg (12.46%), Vitamin K: 12.41µg (11.82%), Magnesium: 42.14mg (10.53%), Copper: 0.19mg (9.61%), Vitamin B5: 0.76mg (7.62%), Calcium: 72.4mg (7.24%), Fiber: 1.71g (6.84%), Vitamin B1: 0.1mg (6.84%), Vitamin E: 0.92mg (6.15%), Folate: 24.16µg (6.04%)