

Beef and Pasta

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound ground beef 85% lean ()
- 8 ounce canned tomatoes canned
- 0.5 teaspoon garlic powder
- 0.5 teaspoon oregano dried crushed
- 14 ounce vegetable stock swanson® canned
- 1 tablespoon worcestershire sauce

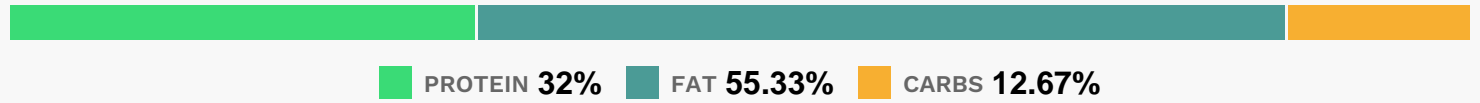
Equipment

- frying pan

Directions

- Cook beef in skillet until browned.
- Pour off fat.
- Add broth, Worcestershire, oregano, garlic and tomatoes.
- Heat to a boil. Stir in pasta. Cover and cook over low heat 10 minutes, stirring often. Uncover.
- Cook 5 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:10.822608774123%

Nutrients (% of daily need)

Calories: 211.14kcal (10.56%), Fat: 12.93g (19.89%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.45g (1.98%), Sugar: 3.78g (4.2%), Cholesterol: 57.83mg (19.28%), Sodium: 583.41mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.83g (33.65%), Vitamin B12: 1.85µg (30.76%), Zinc: 3.99mg (26.6%), Vitamin B3: 4.69mg (23.46%), Selenium: 13.9µg (19.86%), Vitamin B6: 0.39mg (19.41%), Phosphorus: 168.05mg (16.8%), Iron: 2.85mg (15.85%), Potassium: 458.65mg (13.1%), Vitamin B2: 0.17mg (9.77%), Copper: 0.17mg (8.64%), Vitamin E: 1.08mg (7.17%), Magnesium: 28.16mg (7.04%), Vitamin C: 5.78mg (7%), Vitamin A: 340.86IU (6.82%), Manganese: 0.13mg (6.42%), Vitamin B5: 0.63mg (6.3%), Vitamin B1: 0.08mg (5.55%), Vitamin K: 5.71µg (5.44%), Fiber: 1.22g (4.87%), Calcium: 40.87mg (4.09%), Folate: 13.58µg (3.4%)