



Beef-and-Pasta Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup bread crumbs
- ☐ 28 oz canned tomatoes canned
- ☐ 1 clove garlic minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 1.5 pounds ground beef lean
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.3 cup parmesan grated
- ☐ 8 ounces rotini pasta
- ☐ 5 oz cheddar shredded

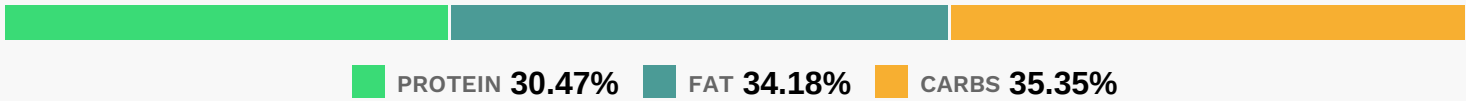
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ broiler
- ☐ colander

Directions

- ☐ In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente, about 10 minutes.
- ☐ Drain and set aside. In a bowl, mix bread crumbs and Parmesan; set aside.
- ☐ In a 3-quart ovenproof pot, heat oil over medium heat.
- ☐ Add onion and garlic and cook for 4 minutes. Increase heat to medium-high, add ground beef and cook until beef is well browned, about 7 minutes. Scrape beef into a colander to drain off excess fat. Wipe out pan and return beef to pan; reduce heat to medium.
- ☐ Preheat broiler. Stir tomatoes, salt, oregano and pepper into beef and cook for 3 minutes.
- ☐ Add reserved pasta and mix. Cook for 2 to 3 minutes to heat pasta.
- ☐ Remove from heat and stir in Cheddar.
- ☐ Top pasta with reserved bread-crumb mixture and cook under broiler until golden brown, 2 to 3 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:14.6, Inflammation Score:-7, Nutrition Score:27.533912974855%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 529.52kcal (26.48%), Fat: 20.08g (30.9%), Saturated Fat: 8.76g (54.74%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 42.26g (15.37%), Sugar: 8.09g (8.99%), Cholesterol: 97.71mg (32.57%), Sodium: 1143.26mg (49.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.28g (80.56%), Selenium: 54.77µg (78.25%), Zinc: 7.85mg (52.33%), Phosphorus: 505.05mg (50.51%), Vitamin B12: 2.89µg (48.15%), Vitamin B3: 9.14mg (45.71%), Vitamin B6: 0.75mg (37.67%), Manganese: 0.74mg (37.14%), Calcium: 320.17mg (32.02%), Iron: 5.57mg (30.93%), Potassium: 931.17mg (26.6%), Vitamin B2: 0.44mg (25.78%), Copper: 0.48mg (24.08%), Magnesium: 86.34mg (21.59%), Vitamin B1: 0.28mg (18.89%), Vitamin E: 2.75mg (18.32%), Fiber: 4.48g (17.91%), Vitamin C: 13.32mg (16.14%), Vitamin B5: 1.45mg (14.54%), Folate: 47.62µg (11.91%), Vitamin K: 12.12µg (11.55%), Vitamin A: 568.61IU (11.37%), Vitamin D: 0.28µg (1.89%)