



WHATSheATE



Beef and Pasta Skillet Primavera

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce beef broth reduced-sodium canned
- ☐ 14.5 ounce canned tomatoes diced italian-style drained canned
- ☐ 1 pound ground beef 96% lean ()
- ☐ 1 cup grain pasta whole wheat whole uncooked
- ☐ 2 small zucchini yellow cut in half lengthwise, then crosswise into 1/2-inch slices

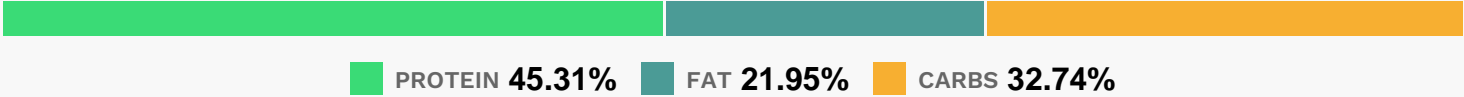
Equipment

- ☐ frying pan

Directions

- ☐ Heat large nonstick skillet over medium heat until hot.
- ☐ Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.
- ☐ Pour off drippings.
- ☐ Stir in broth and pasta; bring to a boil. Reduce heat; cover and cook 7 to 11 minutes or until pasta is almost tender.
- ☐ Add squash and tomatoes; continue to cook 4 to 6 minutes or until pasta is tender and sauce is slightly thickened, stirring occasionally.
- ☐ Garnish with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:9.33, Inflammation Score:-5, Nutrition Score:18.80956520205%

Nutrients (% of daily need)

Calories: 257.45kcal (12.87%), Fat: 6.33g (9.74%), Saturated Fat: 2.75g (17.2%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 17.58g (6.39%), Sugar: 6.09g (6.76%), Cholesterol: 70.31mg (23.44%), Sodium: 396.26mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.81%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.22mg (41.47%), Vitamin B3: 7.77mg (38.87%), Vitamin B6: 0.73mg (36.36%), Potassium: 1046.49mg (29.9%), Selenium: 20.47µg (29.24%), Phosphorus: 279.83mg (27.98%), Vitamin C: 19.48mg (23.62%), Iron: 4.24mg (23.56%), Vitamin B2: 0.32mg (18.81%), Copper: 0.31mg (15.27%), Manganese: 0.3mg (15.13%), Fiber: 3.67g (14.69%), Magnesium: 55.53mg (13.88%), Vitamin E: 1.67mg (11.15%), Vitamin B5: 1.11mg (11.05%), Vitamin B1: 0.15mg (10.13%), Folate: 36.14µg (9.03%), Vitamin K: 7.56µg (7.2%), Vitamin A: 338.95IU (6.78%), Calcium: 54mg (5.4%)