



 **37%**
HEALTH SCORE

Beef Parmesan with Garlic Angel Hair Pasta

READY IN



60 min.

SERVINGS



4

CALORIES



1053 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces angel hair pasta
- 1.5 pounds beef steaks
- 0.3 cup butter
- 2 teaspoons garlic minced
- 1 bell pepper green sliced in rings
- 1 cup seasoned bread crumbs italian
- 2 tablespoons olive oil
- 1 onion sliced into thin rings
- 0.5 cup parmesan cheese grated

- 0.5 cup mozzarella cheese shredded
- 16 ounce pasta sauce

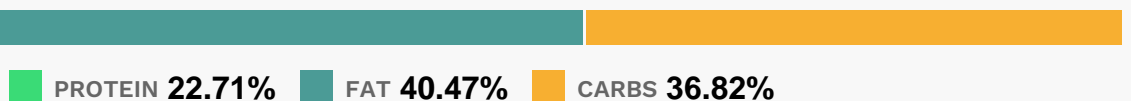
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut cube steak into serving size pieces. Coat meat with the bread crumbs and parmesan cheese.
- Heat olive oil in a large frying pan, and saute 1 teaspoon of the garlic for 3 minutes. Quick fry (brown quickly on both sides) meat.
- Place meat in a casserole baking dish, slightly overlapping edges.
- Place onion rings and peppers on top of meat, and pour marinara sauce over all.
- Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes, depending on the thickness of the meat.
- Sprinkle mozzarella over meat and leave in the oven till bubbly.
- Boil pasta al dente.
- Drain, and toss in butter and 1 teaspoon garlic. For a stronger garlic taste, season with garlic powder. Top with grated parmesan and parsley for color.
- Serve meat and sauce atop a mound of pasta! HINT: make the meat ahead of time, and refrigerate over night, the acid in the tomato sauce will tenderize the meat even more. If you do this, save the mozzarella till the last minute.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:28.35, Inflammation Score:-9, Nutrition Score:40.376087398633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 1053.14kcal (52.66%), Fat: 47.08g (72.43%), Saturated Fat: 20.09g (125.54%), Carbohydrates: 96.38g (32.13%), Net Carbohydrates: 89.49g (32.54%), Sugar: 10.09g (11.21%), Cholesterol: 175.21mg (58.4%), Sodium: 1445.61mg (62.85%), Alcohol: 0g (100%), Protein: 59.44g (118.89%), Selenium: 111.1µg (158.72%), Vitamin B3: 14.96mg (74.8%), Phosphorus: 734.79mg (73.48%), Vitamin B6: 1.46mg (73.16%), Manganese: 1.33mg (66.51%), Zinc: 9.49mg (63.28%), Vitamin B12: 2.71µg (45.15%), Vitamin C: 35.17mg (42.63%), Vitamin B1: 0.58mg (38.39%), Iron: 6.79mg (37.71%), Potassium: 1300.92mg (37.17%), Calcium: 324.15mg (32.41%), Copper: 0.64mg (32.11%), Vitamin B2: 0.54mg (31.84%), Magnesium: 126.87mg (31.72%), Fiber: 6.9g (27.59%), Vitamin E: 3.94mg (26.29%), Vitamin K: 27.52µg (26.21%), Vitamin A: 1216.98IU (24.34%), Folate: 90.33µg (22.58%), Vitamin B5: 2.05mg (20.49%)