



Beefy Skillet Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups fusilli hot cooked uncooked (6 ounces pasta)
- ☐ 1 pound ground round
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 2 cups pasta sauce
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

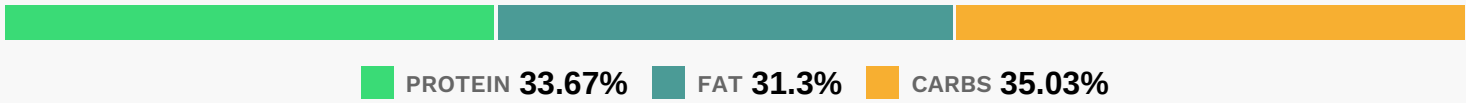
Equipment

- ☐ frying pan

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain and return beef to pan.
- ☐ Add pasta sauce, salt, and pepper; cook 2 minutes, stirring occasionally.
- ☐ Add pasta; cook 2 minutes.
- ☐ Sprinkle with cheese; cook 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:14.54, Inflammation Score:-6, Nutrition Score:20.08043503243%

Nutrients (% of daily need)

Calories: 393.05kcal (19.65%), Fat: 13.52g (20.8%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 30.6g (11.13%), Sugar: 4.93g (5.48%), Cholesterol: 76.69mg (25.56%), Sodium: 888.49mg (38.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.73g (65.45%), Selenium: 44.89µg (64.12%), Vitamin B12: 2.58µg (42.93%), Zinc: 6.41mg (42.74%), Vitamin B3: 7.33mg (36.63%), Phosphorus: 361.64mg (36.16%), Vitamin B6: 0.59mg (29.42%), Iron: 4.92mg (27.32%), Potassium: 777.65mg (22.22%), Manganese: 0.44mg (22.17%), Vitamin B2: 0.31mg (17.98%), Copper: 0.32mg (15.77%), Magnesium: 59.4mg (14.85%), Vitamin E: 2.19mg (14.6%), Fiber: 3.46g (13.82%), Vitamin B5: 1.18mg (11.8%), Vitamin A: 560.45IU (11.21%), Vitamin C: 8.57mg (10.39%), Calcium: 96.4mg (9.64%), Vitamin B1: 0.1mg (6.43%), Folate: 25.58µg (6.39%), Vitamin K: 4.63µg (4.41%)