



## Bow-Tie Pasta with Beef and Tomatoes

READY IN



20 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 5 oz farfalle pasta uncooked (farfalle)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup bell pepper frozen (from 1-lb bag)
- ☐ 1 lb flank steak thinly sliced for stir-fry or beef flank steak,
- ☐ 14.5 oz canned tomatoes italian-style undrained canned
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 leaves basil fresh
- ☐ 1 serving parmesan shredded

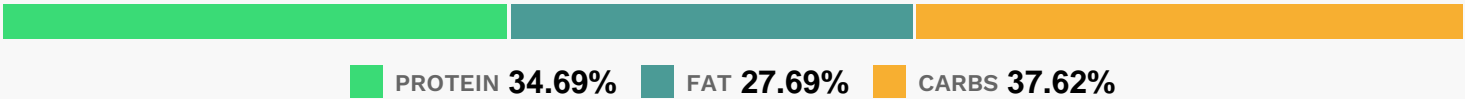
# Equipment

☐ frying pan

# Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook frozen stir-fry vegetables in oil 3 minutes, stirring frequently. Stir in beef. Cook 5 to 6 minutes, stirring frequently, until no longer pink.
- ☐ Stir in tomatoes, garlic salt and pepper. Cook 2 to 3 minutes, stirring frequently and breaking up tomatoes slightly with spoon, until mixture is hot. Stir in pasta. Cook 1 to 2 minutes, stirring constantly, until pasta is well coated and hot.
- ☐ Garnish with basil.
- ☐ Serve with cheese.

# Nutrition Facts



# Properties

Glycemic Index:60.25, Glycemic Load:13.29, Inflammation Score:-8, Nutrition Score:26.256956473641%

# Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 389.2kcal (19.46%), Fat: 11.95g (18.38%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 32.62g (11.86%), Sugar: 7.09g (7.88%), Cholesterol: 73.14mg (24.38%), Sodium: 900.92mg (39.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.35%), Selenium: 58.2µg (83.14%), Vitamin C: 57.16mg (69.28%), Vitamin B6: 1.01mg (50.32%), Vitamin B3: 9.31mg (46.54%), Phosphorus: 390.93mg (39.09%), Zinc: 5.42mg (36.16%), Manganese: 0.59mg (29.38%), Vitamin A: 1453.1IU (29.06%), Potassium: 854.47mg (24.41%), Iron: 3.79mg (21.04%), Copper: 0.38mg (19.23%), Vitamin B12: 1.12µg (18.7%), Magnesium: 72.36mg (18.09%), Vitamin E: 2.54mg (16.92%), Calcium: 158.74mg (15.87%), Fiber: 3.9g (15.61%), Vitamin B2: 0.26mg (15.41%), Vitamin K: 15.77µg (15.02%), Vitamin B1: 0.21mg (14.26%), Vitamin B5: 1.31mg (13.07%), Folate: 52.25µg (13.06%)