

Cheesy Beef Spirals

READY IN



55 min.

SERVINGS



10

CALORIES



236 kcal

SIDE DISH

Ingredients

- 1 garlic clove minced
- 4.5 ounces mushrooms drained sliced
- 2 small onion chopped
- 8 ounces part-skim mozzarella cheese shredded
- 0.5 pound processed cheese food cubed (Velveeta)
- 0.5 cup cream sour
- 26 ounces pasta sauce
- 2 cups rotini pasta uncooked

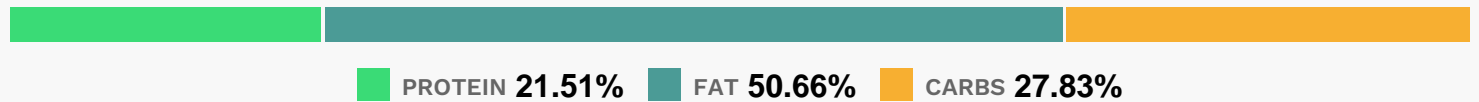
Equipment

- sauce pan
- oven
- baking pan

Directions

- Cook pasta according to package directions. Meanwhile, in a large saucepan, cook the beef, onions and garlic over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce and mushrooms; bring to a boil. Reduce heat; cover and simmer for 20 minutes.
- Place 1/2 cup of meat sauce in a greased shallow 2-1/2-qt. baking dish.
- Drain pasta; place half over sauce. Top with half of the remaining meat sauce; spread with sour cream. Top with process cheese and remaining pasta and meat sauce.
- Sprinkle with mozzarella cheese.
- Cover and bake at 350° for 25-30 minutes. Uncover; bake 5-10 minutes longer or until bubbly.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:5.5, Inflammation Score:-6, Nutrition Score:11.098260734392%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg 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: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 235.58kcal (11.78%), Fat: 13.51g (20.79%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 14.84g (5.39%), Sugar: 4.95g (5.51%), Cholesterol: 43.98mg (14.66%), Sodium: 874.28mg (38.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Calcium: 442.96mg (44.3%), Phosphorus: 317.19mg (31.72%), Selenium: 17.6µg (25.14%), Vitamin B2: 0.25mg (14.8%), Vitamin A: 714.52IU (14.29%), Manganese: 0.23mg (11.54%), Zinc: 1.65mg (11.02%), Potassium: 371.25mg (10.61%), Vitamin B12: 0.56µg

(9.26%), Copper: 0.18mg (9.23%), Vitamin E: 1.34mg (8.91%), Magnesium: 32.3mg (8.08%), Vitamin C: 6.66mg (8.07%), Vitamin B6: 0.16mg (7.79%), Fiber: 1.86g (7.45%), Vitamin B3: 1.47mg (7.33%), Iron: 1.16mg (6.46%), Vitamin B5: 0.64mg (6.37%), Folate: 18.18µg (4.54%), Vitamin B1: 0.06mg (3.71%), Vitamin K: 3.26µg (3.11%), Vitamin D: 0.23µg (1.53%)