



 **84%**
HEALTH SCORE

Cheesy & Beefy Tomato Corkscrew Pasta Bake

 Very Healthy

READY IN

60 min.

SERVINGS

1

CALORIES

2662 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 16 oz pasta uncooked
- 0.5 tsp pepper red crushed
- 3 cloves garlic minced
- 1 bell pepper green chopped
- 0.8 lb ground beef lean
- 1 Tbsp olive oil

- 1 onion chopped
- 1 tsp oregano leaves dried
- 0.3 cup parmesan cheese divided grated kraft
- 1 cup classico tomato and basil pasta sauce
- 8 oz velveeta® cut into 1/2-inch cubes
- 8 oz velveeta® cut into 1/2-inch cubes

Equipment

- frying pan
- oven

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat oil in large skillet on medium heat.
- Add onions, peppers and garlic; cook 5 min. or until crisp-tender, stirring frequently.
- Add meat; cook until browned, stirring occasionally.
- Add diced tomatoes, pasta sauce, 2 Tbsp. Parmesan and seasonings; mix well. Simmer on medium-low heat 10 min., stirring occasionally.
- Heat oven to 350F.
- Drain pasta.
- Add to meat mixture in skillet; stir to evenly coat. Spoon half the pasta mixture into 3-qt. casserole sprayed with cooking spray; cover with half the VELVEETA. Repeat layers; cover.
- Bake 20 to 25 min. or until heated through, uncovering for the last 10 min.
- Sprinkle with remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:139.64, Inflammation Score:-10, Nutrition Score:75.446521883426%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 5.73mg, Luteolin: 5.73mg, Luteolin: 5.73mg, Luteolin: 5.73mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 27.17mg, Quercetin: 27.17mg, Quercetin: 27.17mg, Quercetin: 27.17mg

Nutrients (% of daily need)

Calories: 2661.67kcal (133.08%), Fat: 51.3g (78.93%), Saturated Fat: 16.74g (104.63%), Carbohydrates: 392.79g (130.93%), Net Carbohydrates: 364.96g (132.71%), Sugar: 38.67g (42.97%), Cholesterol: 239.92mg (79.97%), Sodium: 1919.53mg (83.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 150.16g (300.32%), Selenium: 360.05µg (514.36%), Manganese: 5.08mg (254.13%), Phosphorus: 1895.44mg (189.54%), Vitamin C: 150.9mg (182.91%), Zinc: 26.27mg (175.12%), Vitamin B3: 30.32mg (151.58%), Vitamin B6: 3.01mg (150.54%), Vitamin B12: 8.07µg (134.51%), Iron: 20.56mg (114.21%), Fiber: 27.82g (111.28%), Potassium: 3869.98mg (110.57%), Copper: 2.04mg (101.98%), Magnesium: 403.63mg (100.91%), Vitamin B2: 1.25mg (73.69%), Calcium: 673.65mg (67.36%), Vitamin B1: 0.88mg (58.92%), Vitamin E: 7.61mg (50.75%), Vitamin B5: 5.06mg (50.65%), Vitamin A: 2289.71IU (45.79%), Folate: 171.16µg (42.79%), Vitamin K: 44.04µg (41.94%), Vitamin D: 0.51µg (3.38%)