



Cheesy Italian Pasta Bake

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup carrots shredded
- 1 lb ground beef lean
- 0.5 cup parmesan cheese grated kraft
- 1.5 cups wagon wheel pasta uncooked
- 1 cup classico pizza sauce traditional
- 1 bell pepper red chopped
- 1 cup zucchini shredded
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

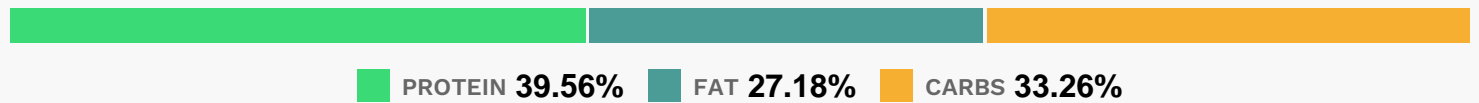
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F. Cook pasta as directed on package. Meanwhile, brown meat in large nonstick skillet on medium-high heat; drain. Stir in vegetables and sauce; cook 5 min. or until vegetables are tender.
- Drain pasta.
- Add to meat mixture along with VELVEETA; mix well.
- Spoon into 8-inch square baking dish sprayed with cooking spray; sprinkle with Parmesan.
- Bake 15 to 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:6.19, Inflammation Score:-10, Nutrition Score:19.179130523101%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 221.52kcal (11.08%), Fat: 6.64g (10.21%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 15.97g (5.81%), Sugar: 4.22g (4.69%), Cholesterol: 54.12mg (18.04%), Sodium: 407.35mg (17.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.74g (43.49%), Vitamin A: 4475.15IU (89.5%), Vitamin C: 33.2mg (40.25%), Selenium: 25.88µg (36.97%), Zinc: 4.68mg (31.18%), Vitamin B12: 1.81µg (30.1%), Vitamin B3: 5.32mg (26.58%), Phosphorus: 262.37mg (26.24%), Vitamin B6: 0.49mg (24.26%), Potassium: 595.68mg (17.02%), Iron: 2.65mg (14.72%), Manganese: 0.29mg (14.26%), Vitamin B2: 0.23mg (13.8%), Magnesium: 42.28mg (10.57%), Calcium: 101.07mg (10.11%), Fiber: 2.31g (9.25%), Vitamin E: 1.34mg (8.92%), Copper: 0.18mg (8.79%), Vitamin B5:

0.87mg (8.67%), Folate: 28.79µg (7.2%), Vitamin B1: 0.09mg (6.04%), Vitamin K: 6.2µg (5.91%)