



 **95%**
HEALTH SCORE

Cheesy Pasta Bake

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 cups mushrooms fresh sliced
- 1 tsp penzey's southwest seasoning dried italian
- 1 lb ground beef lean
- 1 onion chopped
- 24 oz classico family favorites pasta sauce traditional
- 4 cups penne pasta uncooked
- 3 Tbsp oscar mayer real bacon bits

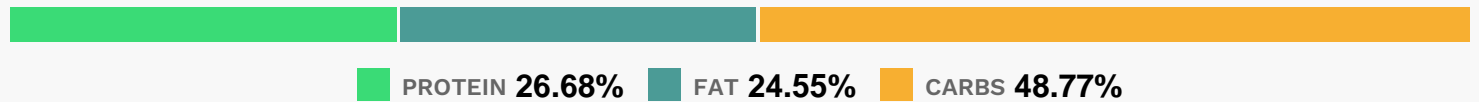
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven 375F.
- Cook pasta as directed on package, omitting salt.
- Meanwhile, brown ground beef with vegetables in large skillet sprayed with cooking spray.
- Add sauce, bacon and seasoning; mix well. Simmer on medium-low heat 10 min. or until slightly thickened, stirring occasionally.
- Drain pasta.
- Add to sauce; mix well. Spoon into 13x9-inch baking dish sprayed with cooking spray; top with cheese.
- Bake 25 to 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:178, Glycemic Load:151.42, Inflammation Score:-10, Nutrition Score:83.744347738183%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 3234.91kcal (161.75%), Fat: 88.08g (135.5%), Saturated Fat: 43.83g (273.95%), Carbohydrates: 393.59g (131.2%), Net Carbohydrates: 364.43g (132.52%), Sugar: 45.27g (50.3%), Cholesterol: 461.9mg (153.97%), Sodium:

5181.22mg (225.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 215.38g (430.76%), Selenium: 428.53µg (612.19%), Phosphorus: 2822.06mg (282.21%), Manganese: 5.24mg (261.85%), Zinc: 37.69mg (251.29%), Vitamin B3: 46.53mg (232.67%), Vitamin B12: 11.83µg (197.24%), Vitamin B6: 3.54mg (176.91%), Vitamin B2: 2.92mg (171.65%), Copper: 3.15mg (157.34%), Potassium: 5503.54mg (157.24%), Iron: 25.27mg (140.4%), Calcium: 1355.6mg (135.56%), Magnesium: 514.17mg (128.54%), Fiber: 29.16g (116.64%), Vitamin B5: 10.6mg (106.02%), Vitamin A: 4488.58IU (89.77%), Vitamin E: 13.06mg (87.08%), Vitamin C: 59.84mg (72.53%), Vitamin B1: 1.01mg (67.15%), Folate: 254.36µg (63.59%), Vitamin K: 36.11µg (34.39%), Vitamin D: 1.74µg (11.61%)