



## Cheesy Pasta in a Pot

READY IN



45 min.

SERVINGS



8

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 lbs ground beef lean
- 2 onion chopped
- 1 garlic clove crushed
- 14 oz pasta sauce
- 1 lb canned tomatoes canned
- 1 can mushrooms sliced
- 8 oz shells
- 0.5 lb provolone cheese sliced
- 0.5 lb mozzarella cheese sliced

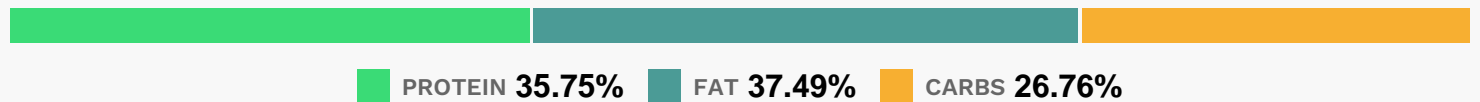
## Equipment

- frying pan
- oven

## Directions

- Preheat oven at 350 degrees.
- Cook the ground meat in a little oil in a large pan stirring often.
- Drain fat.
- Add onions, garlic, spaghetti sauce, stewed tomatoes, & undrained mushrooms.
- Mix well.
- Simmer 20 mins or until onions are soft.
- Cook pasta according to package directons.
- Drain & rinse with cold water.
- Pour 1/2 of the shells in deep casserole.
- Cover with 1/2 meat sauce mixture. Top with provolone.
- Repeat & end with mozzarella.
- Cover casserole & bake at 350 for 35-40 min.
- Remove cover & continue baking until mozzarella melts & browns slightly, about 5 mins more.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:11.46, Inflammation Score:-7, Nutrition Score:26.06%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## **Nutrients (% of daily need)**

Calories: 490.82kcal (24.54%), Fat: 20.36g (31.32%), Saturated Fat: 11.27g (70.42%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29.1g (10.58%), Sugar: 7.02g (7.8%), Cholesterol: 112.26mg (37.42%), Sodium: 841.69mg (36.6%), Protein: 43.68g (87.36%), Selenium: 48.08µg (68.69%), Vitamin B12: 3.6µg (60.01%), Phosphorus: 570.06mg (57.01%), Zinc: 8.35mg (55.65%), Vitamin B3: 8.27mg (41.34%), Calcium: 408.69mg (40.87%), Vitamin B6: 0.7mg (34.87%), Iron: 4.75mg (26.37%), Vitamin B2: 0.44mg (26.11%), Potassium: 892.66mg (25.5%), Manganese: 0.5mg (24.77%), Copper: 0.39mg (19.56%), Magnesium: 77.68mg (19.42%), Vitamin A: 778.42IU (15.57%), Vitamin B5: 1.51mg (15.06%), Fiber: 3.6g (14.4%), Vitamin C: 10.84mg (13.14%), Vitamin E: 1.9mg (12.66%), Vitamin B1: 0.17mg (11.18%), Folate: 34.64µg (8.66%), Vitamin K: 6.15µg (5.86%), Vitamin D: 0.4µg (2.68%)