



## Cheesy Pasta With Bell Peppers

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



531 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black
- 2 cups chicken broth divided
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 pound ground beef
- 1 tablespoon olive oil
- 1 bell pepper red chopped
- 0.5 medium onion red chopped

12 oz velveeta shells & cheese dinner

## Equipment

frying pan

dutch oven

## Directions

Cook first 3 ingredients in hot oil in a large skillet over medium heat, 5 minutes or until vegetables are tender.

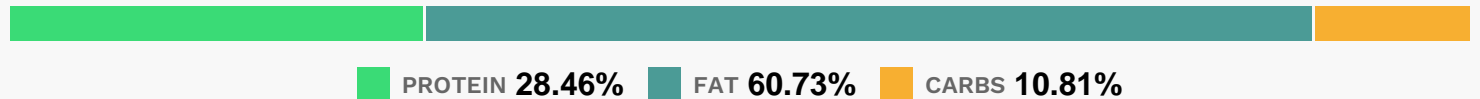
Add ground beef, and cook 8 to 10 minutes, stirring until beef crumbles and is no longer pink; drain and set aside.

Bring 1 1/2 cups chicken broth to a boil in a Dutch oven over medium-high heat; stir in shell macaroni, and return to a boil. Cook, covered, 8 to 10 minutes or until shells are tender, stirring occasionally.

Stir in beef mixture, cheese sauce from packet, basil, pepper, and remaining 1/2 cup chicken broth.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:24.056521788887%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 530.96kcal (26.55%), Fat: 35.57g (54.72%), Saturated Fat: 15.26g (95.4%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 13.3g (4.84%), Sugar: 9.59g (10.65%), Cholesterol: 118.58mg (39.53%), Sodium: 1862.92mg (81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.99%), Phosphorus: 1069.82mg (106.98%),

Calcium: 524.49mg (52.45%), Vitamin C: 39.92mg (48.39%), Vitamin B2: 0.82mg (48.35%), Zinc: 7.07mg (47.13%), Vitamin B12: 2.45µg (40.84%), Vitamin A: 1849.22IU (36.98%), Vitamin B3: 5.38mg (26.92%), Selenium: 17.8µg (25.43%), Vitamin B6: 0.49mg (24.53%), Potassium: 715.73mg (20.45%), Iron: 2.66mg (14.79%), Vitamin K: 12.12µg (11.54%), Vitamin E: 1.5mg (10.02%), Manganese: 0.17mg (8.73%), Vitamin B5: 0.7mg (7.05%), Magnesium: 26.95mg (6.74%), Vitamin B1: 0.1mg (6.63%), Folate: 25.32µg (6.33%), Copper: 0.11mg (5.46%), Fiber: 0.95g (3.78%)