

Creamy Penne Pasta & Ground Beef Skillet Dinner

 Dairy Free

READY IN



27 min.

SERVINGS



27

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp garlic powder
- 1 bell pepper green chopped
- 1 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1 small onion chopped
- 1.5 cups water

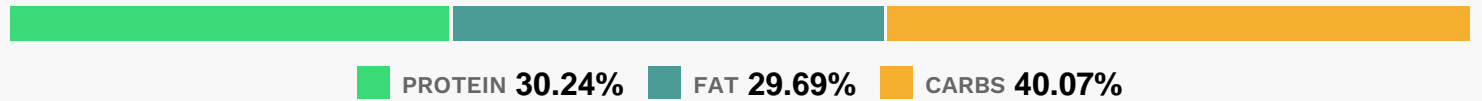
Equipment

frying pan

Directions

- Brown meat with vegetables in large skillet; drain. Return to skillet.
- Stir in water and garlic powder. Bring to boil. Stir in Penne; cover. Simmer 12 min. or until pasta is tender, stirring occasionally.
- Add Sauce; cook and stir until heated through.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:4.46, Inflammation Score:-1, Nutrition Score:2.7173913153617%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 74.22kcal (3.71%), Fat: 2.42g (3.72%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 7.22g (2.63%), Sugar: 0.22g (0.24%), Cholesterol: 10.42mg (3.47%), Sodium: 124.62mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.09%), Phosphorus: 92.61mg (9.26%), Zinc: 1.06mg (7.06%), Vitamin B12: 0.38µg (6.27%), Vitamin B3: 0.95mg (4.74%), Vitamin C: 3.74mg (4.53%), Selenium: 2.95µg (4.21%), Iron: 0.73mg (4.04%), Manganese: 0.08mg (4%), Vitamin B6: 0.08mg (3.99%), Potassium: 99.27mg (2.84%), Calcium: 24.3mg (2.43%), Magnesium: 9.57mg (2.39%), Vitamin B2: 0.03mg (1.71%), Vitamin B5: 0.12mg (1.16%)