



Debbie's Zucchini Skillet Dinner

READY IN



65 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce tomato sauce canned
- 28 ounce canned tomatoes whole peeled canned
- 0.5 teaspoon basil dried
- 2 cloves garlic minced
- 1 pound ground beef chuck
- 4 servings salt and ground pepper black to taste
- 0.5 teaspoon oregano dried
- 1 tablespoon parmesan cheese grated to taste
- 2 cups seashell pasta

2 small zucchini cubed

Equipment

frying pan

pot

Directions

Heat a large skillet over medium-high heat; cook and stir beef and garlic in skillet until beef is crumbly, evenly browned, and no longer pink, about 10 minutes.

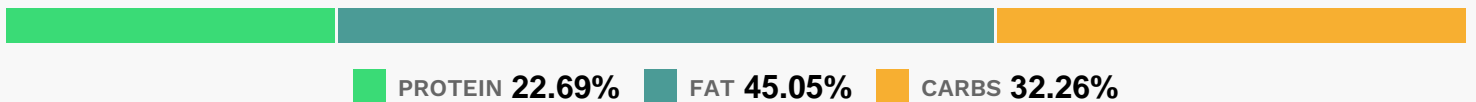
Drain and discard any excess grease. Stir in zucchini, tomato sauce, oregano, and basil; bring to a boil. Cover, reduce heat to medium-low, and simmer until zucchini is tender, about 15 minutes. Season with salt and black pepper.

Meanwhile, bring a large pot of lightly salted water to a boil. Cook shell pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.

Drain.

Stir pasta and whole tomatoes into zucchini mixture, breaking up tomatoes with a spoon. Continue to simmer until heated through, about 25 minutes more. Toss with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:11.29, Inflammation Score:-8, Nutrition Score:26.532608646414%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 479.01kcal (23.95%), Fat: 24.3g (37.38%), Saturated Fat: 9.12g (56.99%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 33.7g (12.25%), Sugar: 11.06g (12.29%), Cholesterol: 81.6mg (27.2%), Sodium: 926.09mg

(40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.06%), Selenium: 37.64µg (53.77%), Vitamin C: 37.43mg (45.37%), Vitamin B6: 0.86mg (43.03%), Vitamin B12: 2.44µg (40.73%), Vitamin B3: 8.14mg (40.68%), Zinc: 5.97mg (39.78%), Manganese: 0.73mg (36.43%), Potassium: 1253.02mg (35.8%), Phosphorus: 337.7mg (33.77%), Iron: 6.07mg (33.7%), Vitamin B2: 0.43mg (25.48%), Vitamin E: 3.62mg (24.12%), Copper: 0.47mg (23.25%), Magnesium: 87.18mg (21.8%), Fiber: 5.45g (21.78%), Vitamin A: 857.87IU (17.16%), Vitamin K: 17.45µg (16.62%), Vitamin B1: 0.22mg (14.85%), Vitamin B5: 1.42mg (14.21%), Folate: 54.7µg (13.67%), Calcium: 134.55mg (13.45%)