



## Easy Italian Baked Pasta

READY IN



40 min.

SERVINGS



40

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 lb extra-lean ground beef
- 0.3 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 3 cups grain penne pasta whole cooked
- 1.5 cups milk mozzarella cheese shredded 2% kraft

### Equipment

- frying pan
- oven

baking pan

## Directions

- Heat oven to 375F.
- Brown meat in large skillet; drain. Return to skillet.
- Add pasta, pasta sauce and half the Parmesan; mix well.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; top with remaining cheeses.
- Bake 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.85, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:3.2217391509077%

## Nutrients (% of daily need)

Calories: 67.03kcal (3.35%), Fat: 1.92g (2.95%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.87g (2.5%), Sugar: 0.87g (0.97%), Cholesterol: 11.07mg (3.69%), Sodium: 129.53mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Selenium: 8.41µg (12.02%), Phosphorus: 63.14mg (6.31%), Vitamin B12: 0.36µg (6.02%), Zinc: 0.89mg (5.95%), Manganese: 0.1mg (4.93%), Vitamin B3: 0.94mg (4.7%), Vitamin B6: 0.08mg (3.77%), Calcium: 33.75mg (3.38%), Potassium: 113.3mg (3.24%), Iron: 0.57mg (3.14%), Vitamin B2: 0.05mg (2.89%), Copper: 0.05mg (2.67%), Magnesium: 10.65mg (2.66%), Vitamin A: 109.25IU (2.19%), Fiber: 0.53g (2.1%), Vitamin E: 0.3mg (1.99%), Vitamin B5: 0.17mg (1.7%), Vitamin C: 1.19mg (1.44%), Vitamin B1: 0.02mg (1.19%)