



Easy Pasta Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb ground beef
- 3 cups mostaccioli pasta uncooked
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1.5 cups mozzarella cheese shredded divided kraft
- 2.5 cups water

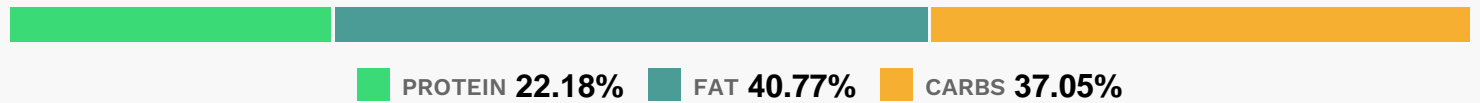
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Stir in water. Bring to boil; reduce heat to medium-low. Stir in pasta; cover. Simmer 15 minutes or until pasta is tender.
- Add pasta sauce and 1/2 cup of the mozzarella cheese.
- Sprinkle with remaining 1 cup mozzarella cheese and the Parmesan cheese; cover. Cook 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:3.8, Inflammation Score:-2, Nutrition Score:4.1108695592569%

Nutrients (% of daily need)

Calories: 107.06kcal (5.35%), Fat: 4.82g (7.42%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 9.16g (3.33%), Sugar: 1.17g (1.3%), Cholesterol: 16.13mg (5.38%), Sodium: 173.85mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Selenium: 10.85µg (15.51%), Phosphorus: 78.14mg (7.81%), Vitamin B12: 0.47µg (7.77%), Zinc: 1.05mg (7.03%), Manganese: 0.13mg (6.58%), Vitamin B3: 1.06mg (5.31%), Calcium: 46.95mg (4.7%), Vitamin B6: 0.09mg (4.5%), Potassium: 139.57mg (3.99%), Iron: 0.69mg (3.82%), Vitamin B2: 0.06mg (3.74%), Copper: 0.07mg (3.6%), Magnesium: 13.64mg (3.41%), Vitamin A: 145.67IU (2.91%), Fiber: 0.7g (2.8%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.21mg (2.06%), Vitamin C: 1.59mg (1.92%), Vitamin B1: 0.02mg (1.6%), Folate: 5.58µg (1.4%), Vitamin K: 1.07µg (1.02%)