



Easy Skillet Beef 'n' Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces elbow macaroni uncooked
- 3 large green onions chopped
- 2 pounds ground beef lean
- 4.5 ounce olives ripe drained sliced canned
- 4 ounces parmesan cheese shredded
- 26 ounce pasta sauce
- 8 ounces mozzarella cheese shredded
- 3 cups water

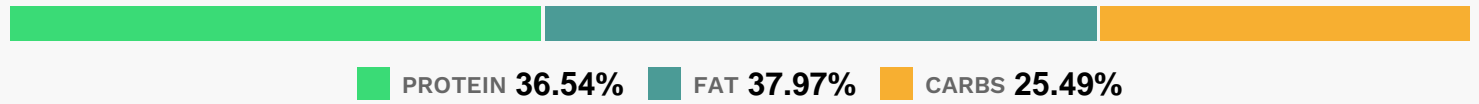
Equipment

- frying pan

Directions

- Cook ground beef in a large skillet over medium heat 8 minutes, stirring until it crumbles and is no longer pink; drain well, and return to skillet.
- Stir in 3 cups water, and bring to a boil; stir in pasta. Reduce heat, cover, and simmer, stirring often, 15 to 18 minutes or until pasta is tender.
- Stir in pasta sauce; sprinkle with half each of mozzarella cheese and Parmesan cheese.
- Sprinkle evenly with green onions and olives; sprinkle with remaining mozzarella cheese and Parmesan cheese. Cover and cook 4 to 5 minutes or until cheeses are melted.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:24.356521772302%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 449.38kcal (22.47%), Fat: 18.83g (28.97%), Saturated Fat: 9.05g (56.56%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 25.38g (9.23%), Sugar: 4.75g (5.27%), Cholesterol: 102.34mg (34.11%), Sodium: 1172.8mg (50.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.54%), Selenium: 46.41µg (66.3%), Vitamin B12: 3.36µg (55.94%), Zinc: 7.64mg (50.96%), Phosphorus: 505.82mg (50.58%), Vitamin B3: 7.78mg (38.9%), Calcium: 357.76mg (35.78%), Vitamin B6: 0.61mg (30.46%), Iron: 4.41mg (24.5%), Vitamin B2: 0.4mg (23.26%), Potassium: 796.38mg (22.75%), Vitamin K: 23.47µg (22.35%), Manganese: 0.4mg (19.81%), Magnesium: 70.22mg (17.55%), Vitamin A: 857.44IU (17.15%), Copper: 0.32mg (16.2%), Vitamin E: 2.42mg (16.13%), Vitamin B5: 1.25mg (12.5%), Fiber: 3.06g (12.24%), Vitamin C: 8.21mg (9.95%), Vitamin B1: 0.12mg (7.78%), Folate: 28.52µg (7.13%), Vitamin D: 0.3µg (1.98%)