



Family-Favorite Cheeseburger Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups penne pasta whole wheat uncooked
- 0.8 pound ground beef 90% lean ()
- 2 tablespoons onion finely chopped
- 14 ounces canned tomatoes diced canned
- 2 tablespoons relish
- 2 tablespoons mustard prepared
- 2 tablespoons catsup
- 1 teaspoon steak seasoning
- 0.3 teaspoon lawry's seasoned salt

0.8 cup cheddar cheese shredded reduced-fat

1 serving spring onion chopped

Equipment

frying pan

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.

Drain pasta; add to meat mixture.

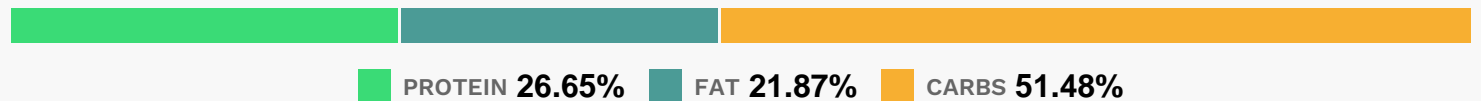
Stir in the tomatoes, relish, mustard, ketchup, steak seasoning and seasoned salt. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Sprinkle with cheese.

Remove from the heat; cover and let stand until cheese is melted.

Garnish with green onions if desired.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:2.18, Inflammation Score:-5, Nutrition Score:16.963043542012%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 537.41kcal (26.87%), Fat: 12.82g (19.73%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 59.02g (21.46%), Sugar: 8.31g (9.23%), Cholesterol: 59.73mg (19.91%), Sodium: 695.04mg (30.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.34%), Fiber: 8.91g (35.64%), Vitamin B12: 1.98µg (33.06%), Zinc: 4.83mg (32.23%), Phosphorus: 306.7mg (30.67%), Selenium: 20.46µg (29.23%), Vitamin B3: 5.75mg (28.76%), Vitamin B6: 0.5mg (25.19%), Iron: 3.73mg (20.74%), Potassium: 630.78mg (18.02%), Vitamin B2: 0.25mg (15%), Calcium: 145.39mg (14.54%), Manganese: 0.27mg (13.73%), Copper: 0.27mg (13.64%), Vitamin K:

13.56µg (12.91%), Vitamin C: 10.25mg (12.43%), Magnesium: 48.17mg (12.04%), Vitamin E: 1.68mg (11.18%), Vitamin B1: 0.14mg (9.01%), Vitamin B5: 0.85mg (8.54%), Vitamin A: 341.73IU (6.83%), Folate: 24.21µg (6.05%)