



## Greek-Style Beef and Pasta

READY IN



30 min.

SERVINGS



5

CALORIES



547 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 oz penne pasta uncooked
- 2 slices bacon chopped
- 1 small onion chopped
- 1 lb ground beef 80% lean (at least )
- 0.5 cup kalamata olives pitted
- 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 8 oz tomato sauce canned
- 1 teaspoon oregano dried
- 0.5 teaspoon salt

4 oz feta cheese crumbled

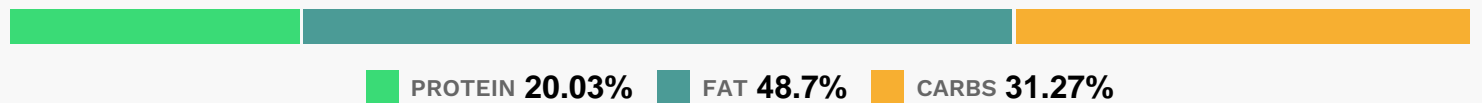
## Equipment

frying pan

## Directions

- Cook and drain pasta as directed on package; cover to keep warm.
- Meanwhile, in 12-inch skillet, cook bacon and onion over medium heat until bacon is crisp, stirring frequently.
- Add ground beef. Cook 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Stir in olives, tomatoes, tomato sauce, oregano and salt. Reduce heat to medium-low. Simmer 10 minutes, stirring occasionally, until thoroughly heated.
- Serve over cooked pasta; sprinkle cheese over top.

## Nutrition Facts



## Properties

Glycemic Index:29.2, Glycemic Load:14.93, Inflammation Score:-7, Nutrition Score:21.262173714845%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

## Nutrients (% of daily need)

Calories: 546.6kcal (27.33%), Fat: 29.54g (45.44%), Saturated Fat: 11.59g (72.45%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 38.85g (14.13%), Sugar: 5.47g (6.07%), Cholesterol: 90.4mg (30.13%), Sodium: 1156.68mg (50.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.67%), Selenium: 48.01µg (68.59%), Vitamin B12: 2.37µg (39.48%), Zinc: 5.44mg (36.29%), Phosphorus: 351.23mg (35.12%), Vitamin B6: 0.64mg (31.89%), Vitamin B3: 6.29mg (31.43%), Manganese: 0.58mg (29.14%), Vitamin B2: 0.44mg (25.97%), Iron: 4.01mg (22.28%), Potassium: 698.05mg (19.94%), Calcium: 186.71mg (18.67%), Copper: 0.33mg (16.53%),

Magnesium: 64.65mg (16.16%), Vitamin E: 2.3mg (15.35%), Fiber: 3.81g (15.23%), Vitamin C: 11.87mg (14.38%),  
Vitamin B1: 0.2mg (13.13%), Vitamin B5: 1.18mg (11.8%), Folate: 36.44µg (9.11%), Vitamin A: 451.7IU (9.03%), Vitamin K:  
8.47µg (8.07%), Vitamin D: 0.22µg (1.44%)