



Italian Mushroom Skillet

READY IN



50 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic finely chopped
- 1 pound ground beef
- 3 ounces pizza cheese shredded italian-style
- 1 teaspoon seasoning italian
- 5 ounces mushrooms sliced
- 0.5 cup onion chopped
- 4 ounces shells uncooked
- 14 ounces tomato sauce canned
- 1 teaspoon sugar

1.5 cups water

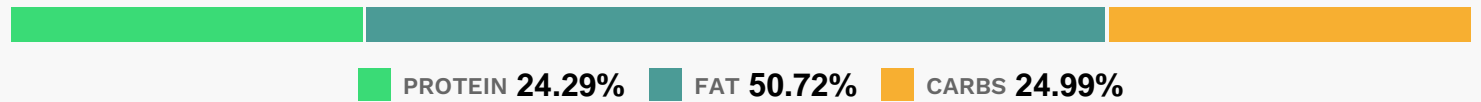
Equipment

frying pan

Directions

- Cook beef, onion, mushrooms and garlic in 12-inch skillet over medium heat, stirring occasionally, until beef is brown; drain.
- Stir in pizza sauce, pasta, water, sugar and Italian seasoning.
- Heat to boiling; reduce heat.
- Cover and simmer about 20 minutes, stirring frequently, until pasta is tender.
- Sprinkle with cheese. Cover and simmer about 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:41.85, Glycemic Load:7.82, Inflammation Score:-4, Nutrition Score:13.277391363745%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 338.99kcal (16.95%), Fat: 19.26g (29.63%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 19.14g (6.96%), Sugar: 4.58g (5.09%), Cholesterol: 56.51mg (18.84%), Sodium: 397.19mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.51%), Selenium: 26.11µg (37.29%), Vitamin B12: 1.63µg (27.12%), Vitamin B3: 5.06mg (25.32%), Zinc: 3.74mg (24.96%), Phosphorus: 199.23mg (19.92%), Vitamin B6: 0.39mg (19.61%), Vitamin B2: 0.27mg (15.75%), Manganese: 0.31mg (15.67%), Potassium: 545.54mg (15.59%), Iron: 2.63mg (14.63%), Copper: 0.27mg (13.59%), Vitamin B5: 1.04mg (10.44%), Magnesium: 37.99mg (9.5%), Vitamin E: 1.35mg (9%), Fiber: 2.22g (8.89%), Vitamin C: 6.43mg (7.8%), Calcium: 67.88mg (6.79%), Vitamin B1: 0.09mg (6.22%), Vitamin A: 292.45IU (5.85%), Folate: 22.02µg (5.5%), Vitamin K: 5.37µg (5.12%)