



## Italian Pasta Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup pasilla peppers green chopped
- 1 lb pd of ground turkey thawed
- 0.5 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1 cup mozzarella cheese shredded kraft
- 0.5 lb pasta like spaghetti uncooked
- 2 cups water

## Equipment

frying pan

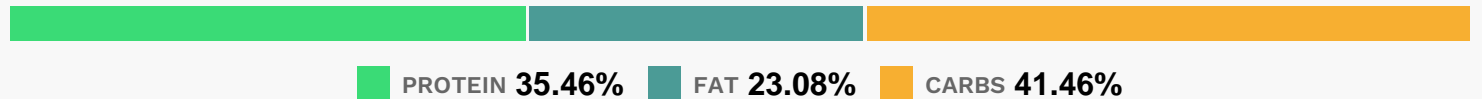
## Directions

Cook turkey in large skillet until done; drain.

Stir in sauce and water; mix well. Bring to boil. Stir in spaghetti; cover. Simmer on medium-low heat 15 min. or until spaghetti is tender.

Sprinkle with cheeses and peppers; cover. Cook 2 min. or until mozzarella is melted.

## Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:2.68, Inflammation Score:-2, Nutrition Score:3.8482608484185%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 68.89kcal (3.44%), Fat: 1.78g (2.74%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 6.59g (2.4%), Sugar: 1.08g (1.2%), Cholesterol: 12.72mg (4.24%), Sodium: 169.07mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Selenium: 9.47µg (13.53%), Vitamin B3: 1.83mg (9.16%), Vitamin B6: 0.17mg (8.4%), Phosphorus: 78.76mg (7.88%), Manganese: 0.1mg (4.93%), Zinc: 0.61mg (4.05%), Calcium: 39.4mg (3.94%), Potassium: 136.9mg (3.91%), Magnesium: 13.41mg (3.35%), Vitamin C: 2.59mg (3.13%), Vitamin B12: 0.18µg (3.08%), Copper: 0.06mg (3.06%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 146.23IU (2.92%), Iron: 0.46mg (2.56%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.37mg (2.44%), Fiber: 0.6g (2.41%), Vitamin B1: 0.02mg (1.59%), Folate: 5.1µg (1.27%)