



Karen's Taco Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce olives black drained chopped canned
- 1 pinch garlic powder
- 8 servings ground pepper black to taste
- 1 pound ground beef lean
- 2 tablespoons parmesan cheese grated
- 16 ounces fettuccine pasta dry
- 8 servings salt to taste
- 4 ounces cheddar cheese shredded
- 1.3 ounce taco seasoning

3 tomatoes diced

Equipment

bowl

frying pan

pot

Directions

Cook pasta in a large pot of boiling salted water until al dente.

Drain.

Meanwhile, in a large skillet cook ground beef.

Drain excess grease.

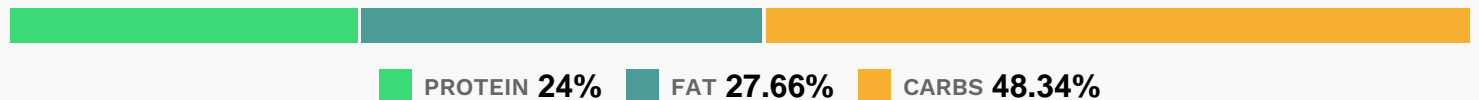
Add taco seasoning packet as directed on package.

Transfer pasta to a large bowl. Toss with cooked meat mixture, prepared cheese, and tomatoes. If desired, add sliced olives. Season to taste with salt, pepper, and garlic powder.

Sprinkle with grated Parmesan cheese.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:17.6, Inflammation Score:-7, Nutrition Score:16.830434830292%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 398.88kcal (19.94%), Fat: 12.21g (18.78%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 44.09g (16.03%), Sugar: 3.72g (4.13%), Cholesterol: 50.42mg (16.81%), Sodium: 1040.6mg

(45.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.69%), Selenium: 50.35µg (71.93%), Phosphorus: 304.4mg (30.44%), Manganese: 0.59mg (29.7%), Zinc: 4.35mg (28.99%), Vitamin B12: 1.44µg (23.95%), Vitamin B3: 4.41mg (22.06%), Vitamin A: 1036.71IU (20.73%), Vitamin B6: 0.36mg (17.88%), Fiber: 3.93g (15.71%), Iron: 2.65mg (14.75%), Calcium: 144.52mg (14.45%), Magnesium: 54.39mg (13.6%), Copper: 0.27mg (13.35%), Potassium: 455.6mg (13.02%), Vitamin B2: 0.2mg (11.92%), Vitamin C: 8.31mg (10.08%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.72mg (7.18%), Vitamin B1: 0.1mg (6.69%), Folate: 23.67µg (5.92%), Vitamin K: 4.69µg (4.47%)