



Meatball Pasta Bake

READY IN



70 min.

SERVINGS



10

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil fresh
- ☐ 10 servings basil fresh
- ☐ 28 oz beef frozen thawed
- ☐ 0.8 cup chicken broth organic
- ☐ 1 teaspoon fennel seeds
- ☐ 8 oz mozzarella fresh
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 48 oz tomatoes

- ☐ 2 tablespoons olive oil
- ☐ 1 cup orange juice fresh
- ☐ 1 teaspoon orange zest packed
- ☐ 16 oz penne pasta
- ☐ 1 medium size bell pepper red chopped
- ☐ 1 small onion sweet chopped

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Prepare pasta according to package directions.
- ☐ Saut onion and fennel bulb in hot oil in a Dutch oven over medium heat 8 to 10 minutes or until tender.
- ☐ Add garlic and fennel seeds, and saut 1 minute. Stir in marinara sauce and next 6 ingredients; increase heat to medium-high, and bring to a boil. Reduce heat to medium-low; cover and simmer 10 minutes.
- ☐ Remove from heat, and stir in basil, cooked pasta, and salt to taste.
- ☐ Transfer to a lightly greased 13- x 9-inch baking dish.
- ☐ Place dish on an aluminum foil-lined baking sheet. Top with cheese.
- ☐ Bake at 350 for 25 minutes or until bubbly.
- ☐ Note: We tested with Classico Marinara with Plum Tomatoes.

Nutrition Facts



 PROTEIN **20.61%**  FAT **42.86%**  CARBS **36.53%**

Properties

Glycemic Index:36.8, Glycemic Load:17.66, Inflammation Score:-8, Nutrition Score:24.470869764038%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 524.49kcal (26.22%), Fat: 25.05g (38.54%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 48.03g (16.01%), Net Carbohydrates: 43.75g (15.91%), Sugar: 10.63g (11.81%), Cholesterol: 74.63mg (24.88%), Sodium: 1028.72mg (44.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.21%), Selenium: 45.66µg (65.23%), Vitamin C: 40.13mg (48.65%), Vitamin B12: 2.22µg (36.99%), Manganese: 0.71mg (35.26%), Phosphorus: 349.98mg (35%), Zinc: 5.07mg (33.81%), Vitamin B3: 5.86mg (29.28%), Vitamin B6: 0.57mg (28.47%), Vitamin A: 1398.69IU (27.97%), Vitamin K: 26.47µg (25.21%), Potassium: 874.58mg (24.99%), Iron: 3.95mg (21.92%), Vitamin E: 3.03mg (20.19%), Vitamin B2: 0.34mg (19.83%), Copper: 0.39mg (19.73%), Magnesium: 73.65mg (18.41%), Calcium: 180.51mg (18.05%), Fiber: 4.28g (17.12%), Folate: 51.16µg (12.79%), Vitamin B5: 1.18mg (11.81%), Vitamin B1: 0.16mg (10.99%), Vitamin D: 0.17µg (1.13%)