



Mexican Pasta Bake

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 1 cup corn frozen
- 0.5 pound ground beef lean
- 8 ounces rigatoni uncooked
- 2 medium roma tomatoes thinly sliced (plum)
- 24 ounces salsa thick
- 6 ounces cheddar cheese shredded

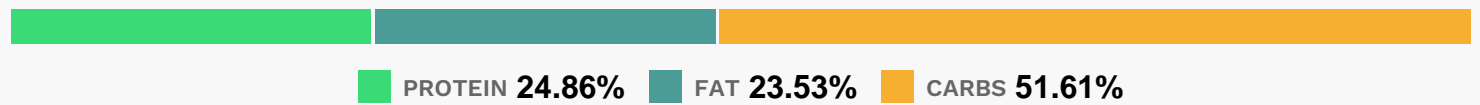
Equipment

- frying pan
- oven
- dutch oven

Directions

- Heat oven to 350F. Grease 4-quart casserole.
- Cook beef in 10-inch nonstick skillet over medium heat 5 minutes, stirring occasionally, until brown; drain.
- Cook and drain pasta in 4-quart Dutch oven as directed on package. Return pasta to Dutch oven. Stir in beef, corn, salsa and beans. Spoon half of the pasta mixture into casserole.
- Sprinkle with 2/3 cup of the cheese. Spoon remaining pasta mixture into casserole.
- Place tomato slices on top.
- Sprinkle with remaining cheese.
- Cover and bake 35 to 40 minutes or until hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:69.35, Inflammation Score:-10, Nutrition Score:83.92173930873%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 2529.38kcal (126.47%), Fat: 67.3g (103.54%), Saturated Fat: 35.34g (220.89%), Carbohydrates: 332.2g (110.73%), Net Carbohydrates: 277.25g (100.82%), Sugar: 37.33g (41.48%), Cholesterol: 302.21mg (100.74%), Sodium: 7306.51mg (317.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 160.05g (320.09%), Selenium: 221.28µg (316.12%), Phosphorus: 2473.02mg (247.3%), Fiber: 54.95g (219.82%), Manganese: 4.3mg (215.08%), Zinc: 24.88mg (165.9%), Vitamin B6: 3.14mg (157.04%), Calcium: 1547.32mg (154.73%), Vitamin B3: 30.28mg (151.38%), Potassium: 5279.18mg (150.83%), Magnesium: 529.95mg (132.49%), Iron: 21.74mg (120.8%), Vitamin B12: 7.17µg (119.54%), Copper: 2.29mg (114.43%), Vitamin B2: 1.94mg (114.05%), Folate: 445.49µg (111.37%), Vitamin A:

5443.33IU (108.87%), Vitamin B1: 1.39mg (92.37%), Vitamin E: 10.28mg (68.53%), Vitamin C: 53.28mg (64.58%),
Vitamin B5: 5.61mg (56.08%), Vitamin K: 43.53µg (41.46%), Vitamin D: 1.08µg (7.18%)