



Mexican Pasta Bake

READY IN



60 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

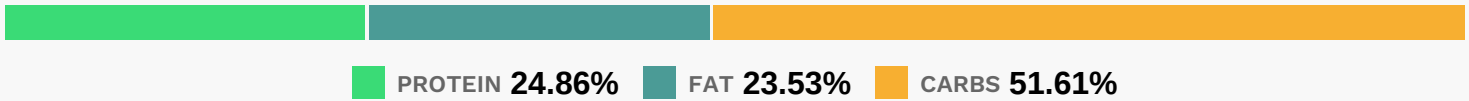
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 350°F. 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:13.33, Glycemic Load:11.56, Inflammation Score:-7, Nutrition Score:21.231304179067%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 421.56kcal (21.08%), Fat: 11.22g (17.26%), Saturated Fat: 5.89g (36.81%), Carbohydrates: 55.37g (18.46%), Net Carbohydrates: 46.21g (16.8%), Sugar: 6.22g (6.91%), Cholesterol: 50.37mg (16.79%), Sodium: 1217.75mg (52.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.35%), Selenium: 36.88µg (52.69%), Phosphorus: 412.17mg (41.22%), Fiber: 9.16g (36.64%), Manganese: 0.72mg (35.85%), Zinc: 4.15mg (27.65%), Vitamin B6: 0.52mg (26.17%), Calcium: 257.89mg (25.79%), Vitamin B3: 5.05mg (25.23%), Potassium: 879.86mg (25.14%), Magnesium: 88.33mg (22.08%), Iron: 3.62mg (20.13%), Vitamin B12: 1.2µg (19.92%), Copper: 0.38mg (19.07%), Vitamin B2: 0.32mg (19.01%), Folate: 74.25µg (18.56%), Vitamin A: 907.22IU (18.14%), Vitamin B1: 0.23mg

(15.39%), Vitamin E: 1.71mg (11.42%), Vitamin C: 8.88mg (10.76%), Vitamin B5: 0.93mg (9.35%), Vitamin K: 7.26µg (6.91%), Vitamin D: 0.18µg (1.2%)