



## One-Pan Italian Pasta

READY IN



40 min.

SERVINGS



40

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 14 oz beef broth canned
- 14.5 oz canned tomatoes diced undrained canned
- 2 cups farfalle pasta uncooked (bow-tie pasta)
- 2 cloves garlic minced
- 2 lb ground beef
- 0.3 tsp penzey's southwest seasoning dried italian
- 1 cup mild cheddar cheese shredded kraft
- 6 oz tomato paste canned
- 1 cup water

1 zucchini sliced

## Equipment

frying pan

## Directions

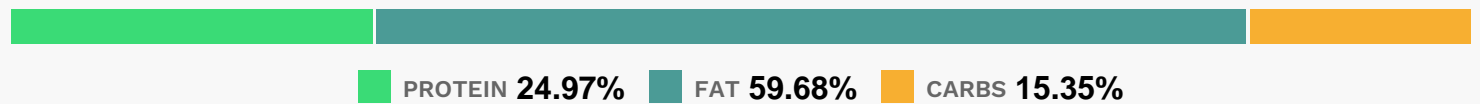
Brown meat with garlic in large skillet; drain. Return to skillet.

Add tomatoes, broth and water; mix well. Bring to boil.

Add pasta and zucchini; mix well. Cover; simmer on medium-low heat 15 min. or until pasta is tender.

Stir in tomato paste and Italian seasoning until blended; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:3.92, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:3.3695652070253%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 85.15kcal (4.26%), Fat: 5.61g (8.62%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.65g (0.72%), Cholesterol: 18.93mg (6.31%), Sodium: 91.79mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Selenium: 6.23µg (8.91%), Vitamin B12: 0.52µg (8.7%), Zinc: 1.14mg (7.59%), Vitamin B3: 1.24mg (6.19%), Phosphorus: 61.15mg (6.12%), Vitamin B6: 0.11mg (5.41%), Iron: 0.68mg (3.78%), Vitamin B2: 0.06mg (3.68%), Potassium: 120.77mg (3.45%), Calcium: 31.32mg (3.13%), Manganese: 0.06mg (2.92%), Vitamin C: 2.27mg (2.75%), Magnesium: 9.4mg (2.35%), Copper: 0.04mg (2.12%), Vitamin B5: 0.18mg (1.75%), Vitamin E: 0.25mg (1.66%), Vitamin B1: 0.02mg (1.59%), Folate: 5.5µg (1.38%), Fiber: 0.34g (1.35%), Vitamin K: 1.29µg (1.22%), Vitamin A: 59.48IU (1.19%)