



One-Pan Pasta and Meatballs

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup water
- 25.5 oz pasta sauce organic (any flavor)
- 1.5 cups elbow macaroni uncooked
- 20 meatballs frozen italian-style cooked (1 inch)
- 2.3 oz olives ripe drained sliced canned
- 1 serving parmesan cheese grated

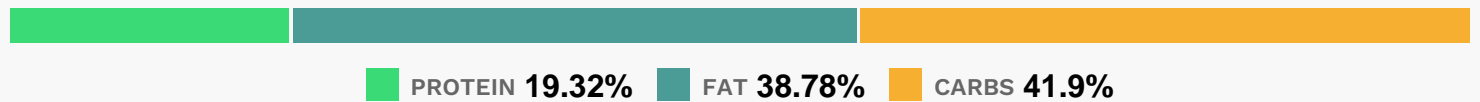
Equipment

- frying pan

Directions

- In 10-inch skillet, heat water and pasta sauce to boiling. Stir in macaroni, meatballs and olives. Return to boiling.
- Reduce heat to medium. Cover; cook 15 to 20 minutes, stirring occasionally, until macaroni is tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:3.1, Inflammation Score:-7, Nutrition Score:21.111739241559%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 476.95kcal (23.85%), Fat: 20.71g (31.86%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 50.34g (16.78%), Net Carbohydrates: 45.42g (16.52%), Sugar: 7.93g (8.81%), Cholesterol: 56.92mg (18.98%), Sodium: 1281.98mg (55.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.43%), Selenium: 54.25µg (77.5%), Vitamin B1: 0.61mg (40.56%), Manganese: 0.69mg (34.41%), Phosphorus: 318.71mg (31.87%), Vitamin B3: 5.76mg (28.82%), Vitamin B6: 0.53mg (26.54%), Potassium: 875.24mg (25.01%), Vitamin E: 3.31mg (22.04%), Copper: 0.42mg (21.13%), Zinc: 3.01mg (20.1%), Vitamin B2: 0.34mg (20.03%), Fiber: 4.92g (19.67%), Vitamin A: 915IU (18.3%), Magnesium: 73.2mg (18.3%), Iron: 3.15mg (17.47%), Vitamin C: 13.14mg (15.93%), Vitamin B5: 1.28mg (12.8%), Calcium: 122.49mg (12.25%), Vitamin B12: 0.59µg (9.85%), Folate: 30.14µg (7.54%), Vitamin K: 5.46µg (5.2%)