



One-Pan Pasta and Meatballs

READY IN



30 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

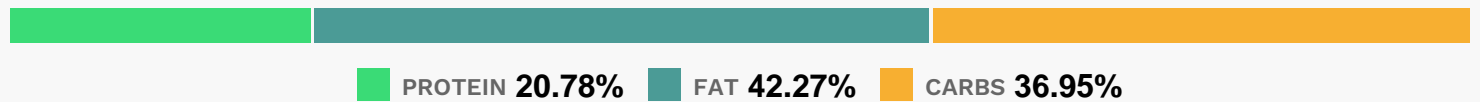
Equipment

- 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:-8, Nutrition Score:24.368260860443%

Flavonoids

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

Nutrients (% of daily need)

Calories: 571.67kcal (28.58%), Fat: 27.01g (41.55%), Saturated Fat: 10.7g (66.89%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 48.21g (17.53%), Sugar: 7.94g (8.83%), Cholesterol: 76.5mg (25.5%), Sodium: 1675.73mg (72.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.75%), Selenium: 62.13µg (88.75%), Phosphorus: 461.36mg (46.14%), Vitamin B1: 0.61mg (40.96%), Manganese: 0.71mg (35.37%), Calcium: 321.39mg (32.14%), Vitamin B3: 5.78mg (28.91%), Vitamin B6: 0.55mg (27.45%), Zinc: 3.99mg (26.59%), Potassium: 916.64mg (26.19%), Vitamin B2: 0.42mg (24.59%), Vitamin E: 3.42mg (22.81%), Vitamin A: 1109.62IU (22.19%), Copper: 0.43mg (21.58%), Magnesium: 81.08mg (20.27%), Fiber: 4.92g (19.67%), Iron: 3.25mg (18.04%), Vitamin C: 13.14mg (15.93%), Vitamin B12: 0.89µg (14.92%), Vitamin B5: 1.35mg (13.53%), Folate: 31.49µg (7.87%), Vitamin K: 5.85µg (5.57%)