



One-Pan Pasta and Meatballs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



445 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
- ☐ 25.5 oz pasta sauce organic muir glen® (any flavor)
- ☐ 1 cup water

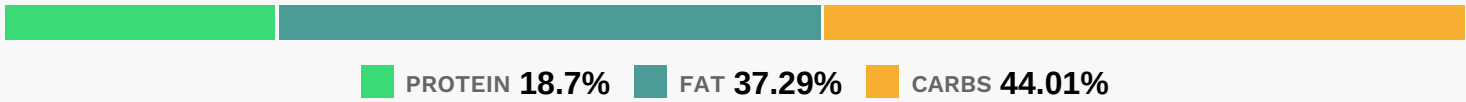
Equipment

- ☐ 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:-7, Nutrition Score:20.026521848596%

Flavonoids

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

Nutrients (% of daily need)

Calories: 445.37kcal (22.27%), Fat: 18.61g (28.63%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 44.49g (16.18%), Sugar: 7.92g (8.8%), Cholesterol: 50.4mg (16.8%), Sodium: 1150.73mg (50.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (41.99%), Selenium: 51.63µg (73.75%), Vitamin B1: 0.61mg (40.42%), Manganese: 0.68mg (34.09%), Vitamin B3: 5.76mg (28.79%), Phosphorus: 271.16mg (27.12%), Vitamin B6: 0.52mg (26.24%), Potassium: 861.44mg (24.61%), Vitamin E: 3.27mg (21.79%), Copper: 0.42mg (20.98%), Fiber: 4.92g (19.67%), Vitamin B2: 0.31mg (18.51%), Zinc: 2.69mg (17.93%), Magnesium: 70.58mg (17.64%), Iron: 3.11mg (17.29%), Vitamin A: 850.12IU (17%), Vitamin C: 13.14mg (15.93%), Vitamin B5: 1.26mg (12.56%), Vitamin B12: 0.49µg (8.17%), Folate: 29.69µg (7.42%), Calcium: 56.19mg (5.62%), Vitamin K: 5.34µg (5.08%)