



One-Pot Penne Pasta

READY IN



50 min.

SERVINGS



50

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup colby & monterey jack cheeses shredded kraft
- 1 lb extra-lean ground beef
- 3 cups mushrooms fresh quartered
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 29 oz no-salt-added tomatoes diced undrained canned
- 1 large onion chopped
- 24 oz classico family favorites pasta sauce traditional
- 3 cups penne pasta uncooked

- 8 slices oscar mayer center cut bacon
- 1.5 cups water

Equipment

- frying pan
- paper towels

Directions

- Cook bacon in large deep skillet until crisp; remove from skillet.
- Drain on paper towels. Discard drippings from skillet.
- Add ground beef, mushrooms, onions and garlic to skillet; cook until meat is browned, stirring occasionally.
- Crumble bacon.
- Add half the bacon to meat mixture in skillet with the tomatoes, pasta sauce and water; mix well. Cover; bring to boil.
- Stir in pasta; simmer, covered, on medium-low heat 20 min. or until pasta is tender, stirring occasionally.
- Remove from heat.
- Top with cheese and remaining bacon.
- Let stand, covered, 5 min. or until cheese is melted.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 23.16% **FAT 41.9%** **CARBS 34.94%**

Properties

Glycemic Index:4.16, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:4.0108695561471%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 80.71kcal (4.04%), Fat: 3.78g (5.81%), Saturated Fat: 1.54g (9.59%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.38g (2.32%), Sugar: 1.31g (1.46%), Cholesterol: 11.93mg (3.98%), Sodium: 127.57mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Selenium: 8.05µg (11.5%), Vitamin B3: 1.32mg (6.58%), Phosphorus: 64.06mg (6.41%), Vitamin K: 5.9µg (5.62%), Zinc: 0.8mg (5.33%), Vitamin B6: 0.11mg (5.27%), Manganese: 0.1mg (5%), Potassium: 157.37mg (4.5%), Vitamin B2: 0.08mg (4.44%), Vitamin B12: 0.26µg (4.27%), Vitamin C: 3.26mg (3.95%), Copper: 0.08mg (3.92%), Iron: 0.69mg (3.85%), Magnesium: 11.87mg (2.97%), Calcium: 29.32mg (2.93%), Vitamin B1: 0.04mg (2.89%), Fiber: 0.71g (2.82%), Vitamin B5: 0.28mg (2.78%), Vitamin A: 131.88IU (2.64%), Vitamin E: 0.38mg (2.51%), Folate: 6.69µg (1.67%)