



Pasta Bake Florentine

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

Ingredients

- ☐ 10 oz spinach frozen thawed drained
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 pound ground beef
- ☐ 1 cup marinated artichoke drained chopped
- ☐ 0.5 cup mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 52 oz pasta sauce
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup bell pepper red chopped

- ☐ 16 oz rotini pasta cooked
- ☐ 8 oz mozzarella cheese shredded

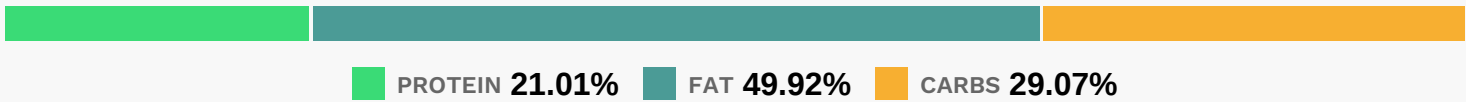
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium heat.
- ☐ Saute onion, red pepper and mushrooms until tender, about 5 minutes. Stir in ground beef, salt, and pepper. Cook until beef is browned, about 5 to 7 minutes; drain.
- ☐ Stir in pasta sauce, artichokes and spinach until well combined. Stir in cooked pasta.
- ☐ Transfer to a lightly greased 13"x9" baking pan; sprinkle with cheese.
- ☐ Bake, uncovered, at 350 for 15 to 20 minutes or until heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:11.71, Inflammation Score:-10, Nutrition Score:29.855652228646%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 439.78kcal (21.99%), Fat: 24.76g (38.09%), Saturated Fat: 9.01g (56.34%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 26.73g (9.72%), Sugar: 8.55g (9.5%), Cholesterol: 62.65mg (20.88%), Sodium: 1357.44mg (59.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.89%), Vitamin K: 141.15µg (134.43%), Vitamin A: 5541.28IU (110.83%), Selenium: 32.16µg (45.94%), Manganese: 0.68mg (33.88%), Vitamin C: 27.2mg (32.97%), Vitamin B12: 1.86µg (31.04%), Vitamin E: 4.58mg (30.55%), Phosphorus: 300.4mg (30.04%), Zinc: 4.16mg (27.72%), Potassium: 919.36mg (26.27%), Iron: 4.68mg (25.97%), Vitamin B6: 0.5mg (24.97%), Vitamin B3:

4.94mg (24.69%), Vitamin B2: 0.41mg (23.91%), Calcium: 237.92mg (23.79%), Fiber: 5.72g (22.88%), Folate: 83.68µg (20.92%), Magnesium: 82.32mg (20.58%), Copper: 0.38mg (19.18%), Vitamin B5: 1.11mg (11.13%), Vitamin B1: 0.14mg (9.04%), Vitamin D: 0.18µg (1.21%)