



## Pasta Masquerade

READY IN



35 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 carrots shredded
- 1 lb extra-lean ground beef
- 1 onion finely chopped
- 24 oz classico family favorites pasta sauce traditional
- 3 cups rotini pasta uncooked
- 1 cup mozzarella cheese shredded divided kraft
- 3 cups water
- 1 zucchini shredded

# Equipment

frying pan

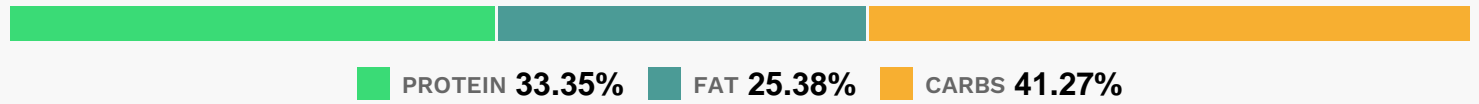
# Directions

Brown meat in large skillet.

Stir in all remaining ingredients except cheese. Bring to boil; simmer on medium heat 20 min., stirring occasionally.

Stir in half the cheese; top with remaining cheese.

# Nutrition Facts



# Properties

Glycemic Index:33.81, Glycemic Load:11.86, Inflammation Score:-9, Nutrition Score:20.618695528611%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

# Nutrients (% of daily need)

Calories: 315.14kcal (15.76%), Fat: 8.89g (13.68%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 28.95g (10.53%), Sugar: 7.11g (7.9%), Cholesterol: 61.62mg (20.54%), Sodium: 722.52mg (31.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Selenium: 36.14µg (51.62%), Vitamin A: 2381.34IU (47.63%), Vitamin B12: 2.12µg (35.32%), Zinc: 5.24mg (34.92%), Phosphorus: 324.37mg (32.44%), Vitamin B3: 6.08mg (30.38%), Vitamin B6: 0.55mg (27.31%), Manganese: 0.51mg (25.28%), Potassium: 824.01mg (23.54%), Iron: 3.55mg (19.72%), Vitamin C: 15.74mg (19.08%), Vitamin B2: 0.31mg (18.11%), Copper: 0.33mg (16.27%), Magnesium: 63.39mg (15.85%), Fiber: 3.58g (14.34%), Calcium: 139.59mg (13.96%), Vitamin E: 2.02mg (13.49%), Vitamin B5: 1.11mg (11.08%), Folate: 33.95µg (8.49%), Vitamin B1: 0.12mg (8.04%), Vitamin K: 6.68µg (6.36%)