

Penne Beef Bake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups alfredo sauce reduced-fat
- 0.3 teaspoon garlic powder
- 1 large bell pepper green finely chopped
- 1 small onion finely chopped
- 4 ounces part-skim mozzarella cheese shredded divided
- 24 ounces pasta sauce
- 12 ounces penne pasta whole wheat
- 2 medium zucchini finely chopped

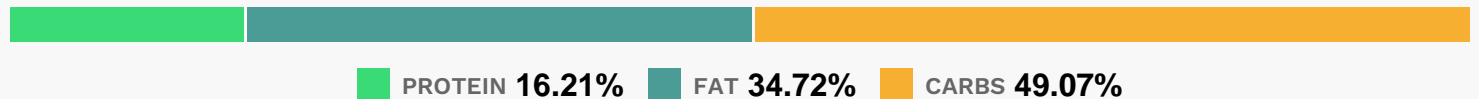
Equipment

- oven
- baking pan
- dutch oven

Directions

- Cook penne according to package directions. Meanwhile, in a Dutch oven, cook the beef, zucchini, pepper and onion over medium heat until meat is no longer pink; drain. Stir in the spaghetti sauce, Alfredo sauce, 1/2 cup mozzarella cheese and garlic powder.
- Drain penne; stir into meat mixture.
- Transfer to a 13-in. x 9-in. baking dish coated with cooking spray. Cover and bake at 375° for 20 minutes.
- Sprinkle with remaining mozzarella cheese.
- Bake, uncovered, 3–5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:9.0491304721521%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 298.39kcal (14.92%), Fat: 11.4g (17.54%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 36.25g (12.08%), Net Carbohydrates: 30.92g (11.24%), Sugar: 6.92g (7.68%), Cholesterol: 39.58mg (13.19%), Sodium: 808.34mg (35.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.95%), Vitamin C: 31.85mg (38.61%), Fiber: 5.33g (21.33%), Calcium: 134.73mg (13.47%), Potassium: 442.16mg (12.63%), Vitamin A: 610.47IU (12.21%), Vitamin B6: 0.23mg (11.56%), Phosphorus: 114.24mg (11.42%), Manganese: 0.22mg (10.82%), Vitamin E: 1.38mg (9.21%), Vitamin B2: 0.15mg (8.97%), Copper: 0.14mg (7.24%), Magnesium: 27.83mg (6.96%), Iron: 1.12mg (6.24%), Folate:

24.45µg (6.11%), Vitamin K: 6.27µg (5.97%), Vitamin B3: 1.19mg (5.94%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.06mg (4.08%), Vitamin B5: 0.41mg (4.06%), Selenium: 2.72µg (3.88%), Vitamin B12: 0.12µg (1.94%)