



Penne Pasta Skillet

READY IN



33 min.

SERVINGS



33

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb ground beef lean
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 24 oz classico family favorites pasta sauce traditional
- 3 cups penne pasta uncooked
- 2 cups water

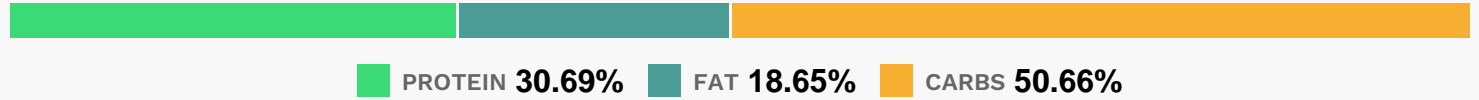
Equipment

- frying pan

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Add pasta sauce and water; mix well. Stir in pasta. Bring to boil; cover. Simmer on medium heat 16 to 18 min. or until pasta is tender; stir.
- Top with cheese; cover. Cook 1 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:3.6108695333419%

Nutrients (% of daily need)

Calories: 70.34kcal (3.52%), Fat: 1.44g (2.22%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.19g (2.98%), Sugar: 1.05g (1.16%), Cholesterol: 10.69mg (3.56%), Sodium: 129.14mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Selenium: 9.47µg (13.53%), Phosphorus: 67.83mg (6.78%), Zinc: 0.98mg (6.56%), Manganese: 0.12mg (5.88%), Vitamin B3: 1.14mg (5.68%), Vitamin B12: 0.34µg (5.6%), Vitamin B6: 0.09mg (4.55%), Potassium: 134.45mg (3.84%), Iron: 0.67mg (3.7%), Copper: 0.07mg (3.35%), Calcium: 33.24mg (3.32%), Magnesium: 12.46mg (3.12%), Vitamin B2: 0.05mg (3.06%), Fiber: 0.64g (2.55%), Vitamin E: 0.35mg (2.34%), Vitamin A: 105.6IU (2.11%), Vitamin B5: 0.2mg (1.99%), Vitamin C: 1.44mg (1.75%), Vitamin B1: 0.02mg (1.36%), Folate: 4.69µg (1.17%)