



Penne with Beef and Sun-Dried Tomatoes

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz penne pasta uncooked
- ☐ 1 lb beef top sirloin steaks boneless cut into thin strips
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 cup sun-dried olives packed in olive oil and herbs, drained, cut into thin strips
- ☐ 2 tablespoons sun-dried olives
- ☐ 0.3 cup spring onion sliced
- ☐ 6 oz marinated artichoke drained
- ☐ 2 tablespoons parsley fresh chopped

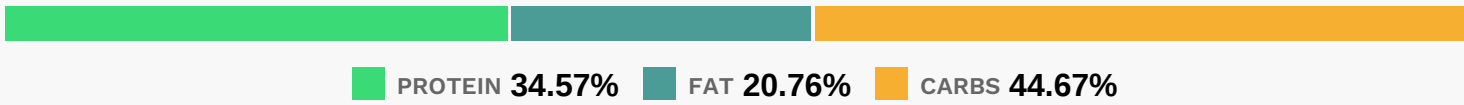
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, spray 12-inch nonstick skillet with cooking spray.
- ☐ Add beef to skillet; sprinkle with peppered seasoned salt. Cook 2 to 3 minutes, stirring occasionally, just until brown.
- ☐ Stir in tomatoes, 1 tablespoon of the oil and the onions. Cook 1 to 2 minutes, stirring frequently, until thoroughly heated. Stir in artichoke hearts, pasta and remaining 1 tablespoon oil. Cook 1 to 2 minutes, stirring constantly, until heated.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:15, Inflammation Score:-7, Nutrition Score:25.026956475299%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 393.2kcal (19.66%), Fat: 8.99g (13.84%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 39.09g (14.22%), Sugar: 7.83g (8.7%), Cholesterol: 66.9mg (22.3%), Sodium: 537.84mg (23.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.38%), Selenium: 62.74µg (89.62%), Vitamin K: 54.01µg (51.44%), Vitamin B3: 9.59mg (47.94%), Vitamin B6: 0.83mg (41.6%), Phosphorus: 380.96mg (38.1%), Zinc: 5.51mg (36.7%), Manganese: 0.72mg (35.82%), Potassium: 1085.43mg (31.01%), Iron: 4.38mg (24.34%), Vitamin C: 19.14mg (23.19%), Copper: 0.45mg (22.47%), Magnesium: 82.4mg (20.6%), Vitamin B12: 1.07µg (17.77%), Fiber: 4.44g (17.75%), Vitamin A: 798.06IU (15.96%), Vitamin B2: 0.25mg (14.59%), Vitamin B1: 0.21mg (14.29%), Vitamin B5: 1.28mg (12.77%), Folate: 40.49µg (10.12%), Calcium: 67.7mg (6.77%), Vitamin E: 0.42mg (2.77%)