



Quick Pastitsio

READY IN



40 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced drained canned
- 3 ounce cream cheese fat-free
- 2 cups milk fat-free
- 1 tablespoon flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 5 garlic cloves minced
- 1 pound ground sirloin
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil

- 1.5 cups onion chopped
- 3 ounces part-skim mozzarella cheese shredded
- 8 ounces penne pasta) (tube-shaped uncooked

Equipment

- frying pan
- paper towels
- baking pan
- broiler

Directions

- Preheat broiler.
- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Add beef to pan; saut 5 minutes or until browned, stirring to crumble.
- Remove beef from pan; drain. Wipe pan clean with paper towels.
- Add oil to pan; swirl to coat.
- Add onion; saut 4 minutes, stirring occasionally.
- Add garlic; saut 1 minute, stirring constantly.
- Add beef; sprinkle with salt.
- Add flour; cook 1 minute, stirring frequently. Stir in milk, tomatoes, and cream cheeses, stirring until smooth; bring to a simmer. Cook 2 minutes or until thoroughly heated. Stir in pasta.
- Spoon pasta mixture into a 13 x 9-inch broiler-safe baking dish coated with cooking spray.
- Sprinkle mozzarella evenly over top. Broil 4 minutes or until golden.
- Sprinkle with parsley.

Nutrition Facts



■ PROTEIN 26.24% ■ FAT 34.15% ■ CARBS 39.61%

Properties

Glycemic Index:46.21, Glycemic Load:15.84, Inflammation Score:-7, Nutrition Score:22.243912841963%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 448.73kcal (22.44%), Fat: 16.97g (26.11%), Saturated Fat: 6.48g (40.48%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 40.97g (14.9%), Sugar: 10.82g (12.02%), Cholesterol: 64.63mg (21.54%), Sodium: 656.86mg (28.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Selenium: 41.59µg (59.42%), Phosphorus: 467.33mg (46.73%), Vitamin B12: 2.37µg (39.42%), Zinc: 5.2mg (34.65%), Calcium: 326.93mg (32.69%), Manganese: 0.59mg (29.53%), Vitamin B6: 0.56mg (28.16%), Vitamin K: 28.38µg (27.03%), Vitamin B3: 5.29mg (26.47%), Vitamin B2: 0.38mg (22.46%), Potassium: 772.98mg (22.09%), Iron: 3.3mg (18.35%), Magnesium: 69.1mg (17.27%), Copper: 0.32mg (16.13%), Vitamin C: 11.82mg (14.32%), Vitamin B1: 0.21mg (13.7%), Fiber: 3.32g (13.29%), Vitamin B5: 1.27mg (12.65%), Vitamin E: 1.56mg (10.38%), Vitamin A: 502.94IU (10.06%), Folate: 40.11µg (10.03%), Vitamin D: 1.02µg (6.78%)