



## Red Wine-Tomato-and-Steak Pasta

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

687 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 tablespoons teaspoon basil dried fresh chopped
- ☐ 6 servings toppings: basil fresh freshly grated chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry red
- ☐ 1.5 teaspoons garlic fresh minced
- ☐ 4 ounce block mozzarella cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 12 ounces penne pasta uncooked

- ☐ 29 ounce canned tomatoes    diced undrained canned
- ☐ 2 cups fat-trimmed beef flank steak    cooked thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon or    dried fresh chopped
- ☐ 1 tablespoon or    dried fresh chopped

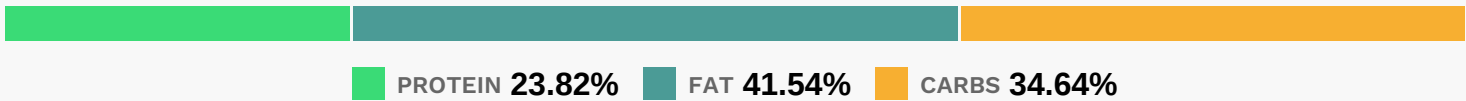
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Saut garlic in hot oil in a large skillet over medium heat 1 minute or until lightly browned. Carefully stir in wine and next 5 ingredients; bring to a boil. Stir in steak. Reduce heat to medium low, and simmer, stirring occasionally, 20 minutes or until sauce is thickened.
- ☐ Cook pasta according to package directions; drain. Stir together hot pasta, mozzarella cheese, and 1/3 cup Parmesan cheese in a large serving bowl, tossing to coat until cheeses start to melt.
- ☐ Pour tomato sauce over pasta mixture, and toss to combine.
- ☐ Serve immediately with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:51.52, Glycemic Load:20.49, Inflammation Score:-7, Nutrition Score:27.593043368796%

## Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 686.52kcal (34.33%), Fat: 31.25g (48.08%), Saturated Fat: 13.82g (86.35%), Carbohydrates: 58.65g (19.55%), Net Carbohydrates: 54.19g (19.7%), Sugar: 8.44g (9.38%), Cholesterol: 93.97mg (31.32%), Sodium: 966.27mg (42.01%), Alcohol: 2.1g (100%), Alcohol %: 0.75% (100%), Protein: 40.31g (80.63%), Selenium: 71.67µg (102.39%), Phosphorus: 558.55mg (55.86%), Zinc: 7.32mg (48.81%), Calcium: 476.73mg (47.67%), Manganese: 0.84mg (41.87%), Vitamin B12: 2.22µg (37%), Vitamin B3: 6.56mg (32.8%), Vitamin B6: 0.65mg (32.35%), Vitamin B2: 0.47mg (27.74%), Copper: 0.5mg (24.92%), Potassium: 825.19mg (23.58%), Iron: 4.19mg (23.26%), Magnesium: 91mg (22.75%), Fiber: 4.47g (17.86%), Vitamin E: 2.67mg (17.81%), Vitamin B1: 0.24mg (16.02%), Vitamin C: 12.96mg (15.71%), Vitamin A: 777.44IU (15.55%), Vitamin K: 15.27µg (14.54%), Folate: 34.33µg (8.58%), Vitamin B5: 0.77mg (7.75%), Vitamin D: 0.33µg (2.21%)