



Rita's Pasta and Meat Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



711 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes with juice canned
- 0.7 cup carrots diced
- 0.3 teaspoon cayenne pepper
- 1 tablespoon parsley dried
- 12 ounce farfalle pasta (bow tie)
- 2 cloves garlic minced
- 0.7 cup bell pepper green chopped
- 1 pound ground beef

- 1 onion diced
- 1 tablespoon onion powder
- 4 servings salt and pepper to taste
- 0.8 cup tomato sauce
- 2 tomatoes diced
- 1.5 tablespoons sugar white

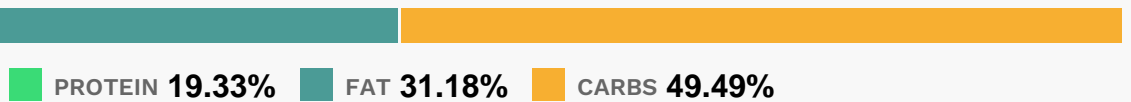
Equipment

- frying pan
- pot

Directions

- In a large skillet over medium heat, combine ground beef, onion and garlic. Cook until meat is evenly brown.
- Drain excess fat. Stir in carrots, bell pepper, diced tomatoes and stewed tomatoes with juice. Season with onion powder, parsley, cayenne pepper, salt and pepper. Cover, and simmer 15 minutes. Stir in tomato sauce and sugar. Simmer 15 minutes more.
- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 8 to 10 minutes, or until al dente; drain. Toss pasta with meat sauce until evenly coated, and serve with crumbled Gorgonzola.

Nutrition Facts



Properties

Glycemic Index:94.73, Glycemic Load:33.66, Inflammation Score:-10, Nutrition Score:35.641739295877%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

0.12mg, Myricetin: 0.12mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 710.64kcal (35.53%), Fat: 24.72g (38.03%), Saturated Fat: 9.06g (56.64%), Carbohydrates: 88.28g (29.43%), Net Carbohydrates: 80.23g (29.17%), Sugar: 17.49g (19.43%), Cholesterol: 80.51mg (26.84%), Sodium: 651.78mg (28.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.96%), Selenium: 72.38µg (103.41%), Vitamin A: 4650.38IU (93.01%), Manganese: 1.29mg (64.75%), Vitamin C: 45.95mg (55.7%), Vitamin B6: 0.89mg (44.61%), Zinc: 6.67mg (44.48%), Vitamin B3: 8.75mg (43.77%), Phosphorus: 430.84mg (43.08%), Vitamin B12: 2.43µg (40.45%), Potassium: 1270.32mg (36.29%), Copper: 0.65mg (32.42%), Fiber: 8.05g (32.21%), Iron: 5.67mg (31.51%), Magnesium: 110.9mg (27.73%), Vitamin K: 25.48µg (24.26%), Vitamin E: 3.16mg (21.09%), Vitamin B2: 0.36mg (21.03%), Vitamin B1: 0.29mg (19.3%), Folate: 63.92µg (15.98%), Vitamin B5: 1.56mg (15.62%), Calcium: 117.13mg (11.71%)