



Rotini Pasta Bake

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.5 pound ground beef lean
- 1 teaspoon onion diced
- 16 ounce rotini pasta
- 1 teaspoon salt
- 3 cups mozzarella cheese shredded
- 28 ounce pasta sauce

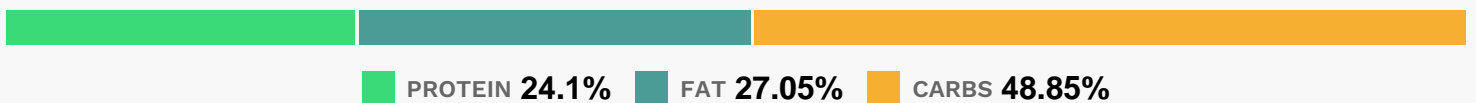
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- In a large pot cook rotini pasta in boiling salted water until al dente.
- Drain.
- Cook ground turkey or beef in medium skillet until brown.
- Add the diced onion, salt and pepper.
- Mix in half of the jar of spaghetti sauce.
- In a large bowl add the browned beef mixture to the drained pasta and stir in the second half of the of spaghetti sauce.
- Pour mixture into a 2 quart baking dish. Cover with aluminum foil.
- In a preheated 425 degree F (230 degree C) oven bake for 20 minutes.
- Remove foil, sprinkle shredded mozzarella cheese and return to oven for 5 to 10 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:18.98, Inflammation Score:-6, Nutrition Score:17.052173956581%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 399.26kcal (19.96%), Fat: 11.96g (18.4%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 45.27g (16.46%), Sugar: 5.49g (6.1%), Cholesterol: 50.76mg (16.92%), Sodium: 1046.48mg (45.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.95%), Selenium: 48.51µg (69.3%), Phosphorus: 338.93mg (33.89%), Manganese: 0.65mg (32.53%), Vitamin B12: 1.59µg (26.54%), Zinc: 3.69mg (24.59%), Calcium: 240.96mg (24.1%), Vitamin B3: 3.55mg (17.75%), Potassium: 552.4mg (15.78%), Vitamin B2: 0.26mg (15.48%), Copper: 0.31mg (15.28%), Vitamin B6: 0.3mg (15.25%), Magnesium: 59.71mg (14.93%), Vitamin A: 713.9IU (14.28%), Iron: 2.56mg (14.21%), Fiber: 3.32g (13.29%), Vitamin E: 1.65mg (11.01%), Vitamin C: 6.96mg (8.44%), Vitamin B5: 0.79mg (7.93%), Vitamin B1: 0.1mg (6.62%), Folate: 23.55µg (5.89%), Vitamin K: 3.99µg (3.8%), Vitamin D: 0.2µg (1.31%)