



 **31%**  
HEALTH SCORE

## Santa Fe Penne Primavera w/Cumin-Ancho Chile Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 servings noodles to taste
- 0.5 teaspoon cajun spice
- 0.3 teaspoon ancho chili powder dried (ground chile - NOT chili seasoning)
- 0.5 lb penne rigate cooked drained
- 4 servings cup heavy whipping cream sour
- 1 tablespoon olive oil extra virgin
- 1 teaspoon olive oil extra virgin
- 4 servings cilantro leaves fresh chopped

- 1 cup corn frozen thawed drained
- 1 teaspoon garlic fresh minced
- 2 tablespoons garlic fresh finely chopped
- 2 teaspoons ground cumin
- 4 servings pepper fresh black to taste
- 0.8 cup evaporated milk
- 2 dashes hot sauce such as crystal's or tabasco,to taste
- 1 lb ground beef lean
- 1 bell pepper red halved seeded cut into long thin strips
- 0.5 cup onion red chopped
- 0.5 teaspoon lawry's seasoned salt (such as Lawry's)
- 0.3 cup cheddar cheese shredded
- 2 tablespoons crème fraîche sour
- 1 medium zucchini unpeeled thinly sliced into rounds

## Equipment

- bowl
- frying pan
- paper towels
- ladle
- slotted spoon

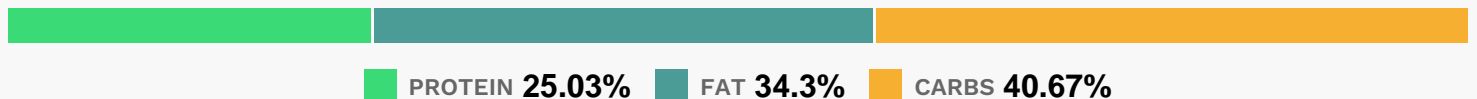
## Directions

- Have all of your ingredients prepped and ready to go before you start cooking.(Start boiling the water for your pasta and cook it according to package directions.) Meanwhile, add approximately 1 Tbsp of extra virgin olive oil and 2 Tbsp fresh chopped garlic to a large,heavy,deep nonstick skillet and set the heat to medium-high.
- Add the ground meat to the pan and cook, stirring often,to brown the meat, breaking up any lumps with your spoon so it crumbles.Once the meat has fully cooked (about 5 minutes or so), use a slotted spoon to remove it to a small bowl and set aside; drain any remaining fat/oil

from the pan and wipe dry with a paper towel (watch out for your fingers).Using the same skillet, add approximately 1 teaspoon more oil to the pan, along with 1 teaspoon of garlic and all of the chopped red onions.

- Saute,over medium-high heat, about 2 minutes or until onion is translucent& lightly browned, stirring often.(Don't forget to check on your pasta).As soon as the onions have softened a bit and are lightly browned, add the peppers to the pan and continue to stir about 1-2 minutes more.
- Add the zucchini and the corn, stirring to coat well.
- Add the seasoned salt and about 8 grinds of black pepper, stirring well to coat the vegetables.
- Let the veggies cook about 5 minutes- stirring often- until they are still a bit crisp, but just beginning to soften& brown.(Check on your pasta again).Return the meat to the pan, and also add all of the remaining spices (cumin,Cajun seasoning, Ancho Chile powder,and a 2-4 splashes of hot sauce to taste), stirring to combine.Lower the heat just a bit to medium and slowly pour in the evaporated milk, stirring constantly to blend.
- Add the sour cream and the cheese and stir until everything has blended together.Raise the heat back to medium-high and let the sauce cook down just a bit- about 5 minutes or so, stirring- it will be quite thin, you may add a little more sour cream if you prefer it a bit thicker.Test the flavor for seasonings- adding a little more salt, hot sauce, cumin,etc if needed to suit your tastes.Toss drained, hot pasta with a little olive oil or butter to taste- just enough to keep it from sticking together (optional step).Divide pasta among 4 large dinner plates and ladle out the sauce into the center of each.
- Place a dollop of sour cream in the very center of each portion and sprinkle some freshly chopped cilantro leaves over all.
- Serve immediately.NOTE:\*You may use prechopped, bottled fresh garlic if desired.

## Nutrition Facts



## Properties

Glycemic Index:85.5, Glycemic Load:21.44, Inflammation Score:-9, Nutrition Score:31.31608748436%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

## Nutrients (% of daily need)

Calories: 651.16kcal (32.56%), Fat: 24.93g (38.35%), Saturated Fat: 11.15g (69.68%), Carbohydrates: 66.51g (22.17%), Net Carbohydrates: 60.98g (22.18%), Sugar: 9.63g (10.7%), Cholesterol: 111.56mg (37.19%), Sodium: 483.29mg (21.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.94g (81.88%), Selenium: 62.23µg (88.9%), Vitamin C: 53.97mg (65.42%), Phosphorus: 529.91mg (52.99%), Zinc: 7.85mg (52.33%), Vitamin B12: 2.73µg (45.45%), Vitamin B6: 0.89mg (44.31%), Vitamin B3: 8.26mg (41.29%), Manganese: 0.82mg (40.79%), Iron: 6.12mg (34.02%), Vitamin A: 1653.8IU (33.08%), Vitamin B2: 0.56mg (32.7%), Potassium: 1013.29mg (28.95%), Magnesium: 98.63mg (24.66%), Calcium: 245.14mg (24.51%), Fiber: 5.52g (22.1%), Folate: 68.04µg (17.01%), Vitamin B5: 1.65mg (16.53%), Copper: 0.33mg (16.46%), Vitamin B1: 0.21mg (14.01%), Vitamin E: 2.03mg (13.56%), Vitamin K: 8.66µg (8.25%), Vitamin D: 0.44µg (2.95%)