



## Shells with Bacon and Beef Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



643 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 pound bacon chopped
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 3 cloves garlic minced
- 1 pound ground beef
- 1 tablespoon olive oil
- 1 small onion chopped
- 1.5 pounds seashell pasta

8 servings salt to taste

## Equipment

frying pan

sauce pan

pot

## Directions

Heat the olive oil in a large saucepan over low heat. Cook the bacon in the oil until it just begins to crisp. Stir in the onion. Cook and stir until bacon is crisp and onion is soft. Stir in the garlic and cook for 30 seconds.

Remove the bacon mixture from the pan and reserve.

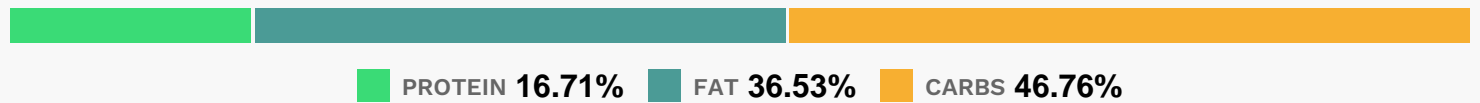
Brown the ground beef in the saucepan; drain. Stir the bacon mixture, crushed tomatoes, and tomato sauce into the beef. Season with salt to taste. Simmer over low heat while pasta is cooking.

Bring a pot of salted water to a boil over high heat. Stir in the shell pasta, and return to a boil. Cook the pasta until cooked through but still firm to the bite, 8 to 10 minutes.

Drain.

Toss hot pasta with bacon and beef sauce to serve.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:28.76, Inflammation Score:-6, Nutrition Score:23.313478236613%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 642.92kcal (32.15%), Fat: 26.08g (40.12%), Saturated Fat: 8.66g (54.14%), Carbohydrates: 75.11g (25.04%), Net Carbohydrates: 69.54g (25.29%), Sugar: 8.91g (9.9%), Cholesterol: 58.97mg (19.66%), Sodium: 808.06mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.67%), Selenium: 69.07µg (98.67%), Manganese: 1.06mg (52.89%), Phosphorus: 341.51mg (34.15%), Vitamin B3: 6.74mg (33.7%), Vitamin B6: 0.6mg (30.23%), Zinc: 4.32mg (28.78%), Copper: 0.54mg (27.1%), Potassium: 864.82mg (24.71%), Iron: 4.17mg (23.17%), Vitamin B12: 1.36µg (22.59%), Fiber: 5.58g (22.31%), Magnesium: 87.1mg (21.77%), Vitamin B1: 0.27mg (18.17%), Vitamin E: 2.71mg (18.06%), Vitamin C: 13.85mg (16.79%), Vitamin B2: 0.25mg (14.57%), Vitamin B5: 1.27mg (12.66%), Folate: 38.66µg (9.66%), Vitamin A: 454.26IU (9.09%), Vitamin K: 8.96µg (8.53%), Calcium: 74.85mg (7.48%), Vitamin D: 0.17µg (1.13%)