



Simple Hamburger Hot Dish

READY IN



60 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz rotini pasta uncooked
- 1 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 15 oz tomato sauce canned
- 14.5 oz tomatoes diced undrained canned
- 1 teaspoon garlic powder
- 0.5 teaspoon salt
- 0.5 teaspoon pepper black
- 8 oz colby cheese shredded

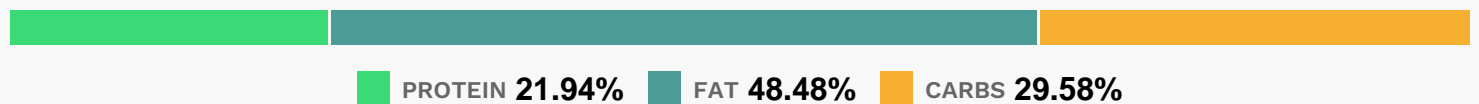
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package.
- Meanwhile, in 12-inch skillet, cook beef and onions over medium-high heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Stir in tomato sauce, tomatoes, garlic powder, salt and pepper; heat to a simmer over high heat.
- Remove from heat; stir in pasta and 1 cup of the cheese.
- Pour into baking dish.
- Cover dish with foil.
- Bake 20 to 25 minutes or until bubbly around edges.
- Sprinkle with remaining cheese.
- Bake uncovered 5 to 7 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:13.15, Inflammation Score:-7, Nutrition Score:20.266956598862%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg,

Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 522.58kcal (26.13%), Fat: 28.16g (43.33%), Saturated Fat: 13.6g (84.98%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 35.16g (12.79%), Sugar: 6.5g (7.23%), Cholesterol: 89.58mg (29.86%), Sodium: 910.33mg (39.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.37%), Selenium: 41.47µg (59.24%), Phosphorus: 405.85mg (40.58%), Zinc: 5.17mg (34.45%), Vitamin B12: 1.93µg (32.19%), Calcium: 319.02mg (31.9%), Manganese: 0.55mg (27.42%), Vitamin B6: 0.51mg (25.7%), Vitamin B3: 5.1mg (25.5%), Vitamin B2: 0.37mg (21.66%), Potassium: 722.86mg (20.65%), Iron: 3.69mg (20.51%), Vitamin C: 13.31mg (16.14%), Magnesium: 64.22mg (16.06%), Copper: 0.32mg (15.77%), Vitamin A: 764.21IU (15.28%), Fiber: 3.5g (13.99%), Vitamin E: 1.95mg (13.03%), Vitamin B5: 0.96mg (9.6%), Folate: 36.09µg (9.02%), Vitamin B1: 0.13mg (8.98%), Vitamin K: 6.77µg (6.45%), Vitamin D: 0.3µg (2.02%)