



Sloppy Joe Rotini

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 6 oz rotini pasta uncooked
- ☐ 2 cups corn whole frozen (from 1-lb bag)
- ☐ 2 cups water
- ☐ 1 cup zucchini sliced
- ☐ 15.5 oz sauce canned

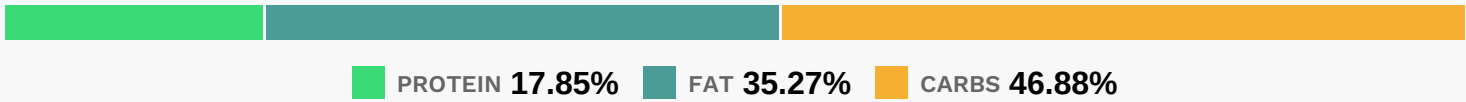
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat to medium. Cover and simmer about 15 minutes, stirring occasionally, until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:12.86, Inflammation Score:-3, Nutrition Score:16.495217395865%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 640.59kcal (32.03%), Fat: 24.6g (37.85%), Saturated Fat: 9.01g (56.31%), Carbohydrates: 73.57g (24.52%), Net Carbohydrates: 71.9g (26.15%), Sugar: 27.29g (30.32%), Cholesterol: 80.51mg (26.84%), Sodium: 1527.43mg (66.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.03%), Selenium: 43.95µg (62.78%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.66mg (37.74%), Vitamin B3: 6.24mg (31.21%), Phosphorus: 302.07mg (30.21%), Manganese: 0.5mg (24.91%), Vitamin B6: 0.48mg (23.86%), Iron: 3.03mg (16.85%), Potassium: 568.91mg (16.25%), Magnesium: 56.83mg (14.21%), Vitamin B2: 0.23mg (13.75%), Copper: 0.25mg (12.53%), Folate: 44.78µg (11.2%), Vitamin C: 6.82mg (8.27%), Vitamin B5: 0.82mg (8.16%), Vitamin B1: 0.11mg (7.48%), Fiber: 1.67g (6.68%), Calcium: 39.35mg (3.94%), Vitamin E: 0.55mg (3.66%), Vitamin K: 3.42µg (3.25%), Vitamin A: 62IU (1.24%)