



Slow-Cooker Beef Ragu with Penne

READY IN



250 min.

SERVINGS



4

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef
- 0.3 cup onion chopped
- 28 oz canned tomatoes crushed canned
- 16 oz penne pasta
- 0.5 teaspoon kosher salt (coarse)
- 1 oz parmesan shredded finely
- 2 tablespoons basil fresh chopped
- 1 serving pepper freshly ground

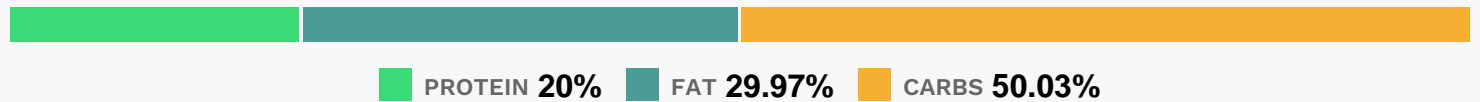
Equipment

- bowl
- frying pan
- slow cooker

Directions

- In 10-inch nonstick skillet, cook ground beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.
- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Place beef mixture in slow cooker; top with tomatoes.
- Cover; cook on High heat setting 4 hours (or on Low heat setting 8 hours).
- About 15 minutes before serving, cook and drain pasta as directed on package. Divide pasta among 4 serving bowls.
- When sauce is done, stir in salt. Spoon meat sauce over pasta. Top individual servings with cheese, basil and pepper.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:38.45, Inflammation Score:-7, Nutrition Score:31.983043432236%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 805.65kcal (40.28%), Fat: 26.8g (41.23%), Saturated Fat: 10.26g (64.15%), Carbohydrates: 100.66g (33.55%), Net Carbohydrates: 93.01g (33.82%), Sugar: 12.38g (13.76%), Cholesterol: 85.33mg (28.44%), Sodium: 749.53mg (32.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.23g (80.45%), Selenium: 91.53µg (130.76%), Manganese: 1.45mg (72.42%), Phosphorus: 510.65mg (51.06%), Zinc: 7.1mg (47.34%), Vitamin B3: 9.19mg (45.95%), Vitamin B6: 0.85mg (42.45%), Vitamin B12: 2.51µg (41.86%), Copper: 0.77mg (38.6%), Iron: 6.38mg

(35.43%), Potassium: 1169.83mg (33.42%), Magnesium: 124.21mg (31.05%), Fiber: 7.65g (30.59%), Vitamin C: 19.42mg (23.54%), Vitamin B2: 0.37mg (21.59%), Vitamin E: 3.1mg (20.65%), Vitamin B1: 0.31mg (20.59%), Calcium: 200.74mg (20.07%), Vitamin B5: 1.66mg (16.61%), Vitamin K: 17.04µg (16.23%), Folate: 57.86µg (14.47%), Vitamin A: 535.17IU (10.7%)