



Slow-Cooker Greek Penne

READY IN



205 min.

SERVINGS



6

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz penne pasta uncooked
- 1 lb ground round
- 1 cup onion chopped
- 9 oz spinach frozen thawed chopped
- 0.8 teaspoon oregano dried
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 4.5 cups roasted garlic (from two 1-lb 8-oz jars)
- 1 tablespoon sugar

- 8 oz feta cheese crumbled
- 4 oz mozzarella cheese shredded
- 1 leaves basil fresh thinly sliced

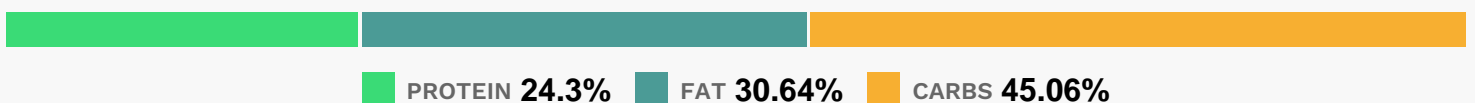
Equipment

- bowl
- frying pan
- aluminum foil
- slow cooker

Directions

- Spray bottom of 5- to 6-quart slow cooker with cooking spray. Line side of slow cooker with foil; spray foil with cooking spray. Cook and drain pasta as directed on package, using minimum cook time.
- Meanwhile, in 12-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in spinach, oregano, salt and pepper. In medium bowl, mix pasta sauce and sugar.
- In slow cooker, spread 1 1/2 cups of the pasta sauce.
- Layer with half of the pasta, half of the beef mixture and 1 cup of the feta cheese. Repeat layers.
- Pour remaining 1 1/2 cups pasta sauce over top.
- Sprinkle with mozzarella cheese.
- Cover; cook on Low heat setting 3 hours or until bubbly.
- Let stand 10 minutes before serving.
- Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:23.31, Inflammation Score:-10, Nutrition Score:44.319130296293%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.65mg, Myricetin: 1.65mg, Myricetin: 1.65mg, Myricetin: 1.65mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 613.94kcal (30.7%), Fat: 21.28g (32.74%), Saturated Fat: 10.81g (67.57%), Carbohydrates: 70.42g (23.47%), Net Carbohydrates: 65.23g (23.72%), Sugar: 5.64g (6.27%), Cholesterol: 97.71mg (32.57%), Sodium: 845.36mg (36.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.95%), Vitamin K: 163.96µg (156.15%), Manganese: 2.44mg (122.25%), Vitamin A: 5292.95IU (105.86%), Vitamin B6: 1.87mg (93.65%), Selenium: 62.52µg (89.32%), Phosphorus: 590.14mg (59.01%), Calcium: 549.43mg (54.94%), Zinc: 7.27mg (48.48%), Vitamin B12: 2.74µg (45.67%), Vitamin C: 36.16mg (43.83%), Vitamin B2: 0.73mg (42.93%), Vitamin B3: 5.85mg (29.23%), Iron: 5.22mg (29%), Copper: 0.56mg (27.94%), Potassium: 965.54mg (27.59%), Magnesium: 107.19mg (26.8%), Vitamin B1: 0.39mg (25.77%), Folate: 95.22µg (23.81%), Fiber: 5.19g (20.75%), Vitamin B5: 1.69mg (16.9%), Vitamin E: 1.76mg (11.7%), Vitamin D: 0.3µg (2.02%)