



HEALTH SCORE

64%

Slow-Cooker Macaroni and Beef



Very Healthy

READY IN



485 min.

SERVINGS



4

CALORIES



690 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 56 oz canned tomatoes crushed canned
- ☐ 2 pounds ground beef (90%–93%)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 8 ounces rotini pasta uncooked
- ☐ 1 teaspoon kosher salt
- ☐ 1 large onion chopped
- ☐ 0.3 cup parmesan cheese finely grated

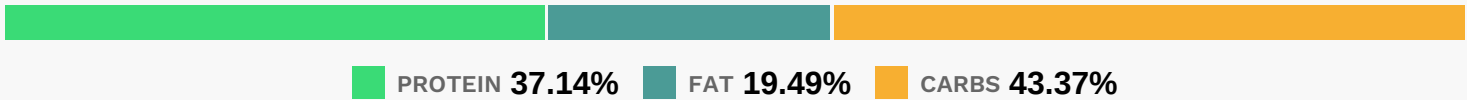
Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ slow cooker

Directions

- ☐ Put onion in pot of slow cooker. Crumble ground beef on top and pour tomatoes over beef. Cover and cook for 4 hours on high or 8 hours on low. Break up any large pieces of beef with a wooden spoon. Season with salt.
- ☐ Remove half of sauce and reserve for another recipe; keep remaining sauce warm in slow cooker. (Makes about 2 1/2 quarts meat sauce.)
- ☐ Bring a pot of salted water to a boil. Cook pasta according to package directions, stirring often, until al dente.
- ☐ Drain and transfer to four shallow bowls. Spoon meat sauce over each portion of pasta.
- ☐ Serve with Parmesan cheese, basil and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:25.94, Inflammation Score:-9, Nutrition Score:48.901739317438%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 689.86kcal (34.49%), Fat: 15.1g (23.24%), Saturated Fat: 6.41g (40.03%), Carbohydrates: 75.64g (25.21%), Net Carbohydrates: 65.6g (23.86%), Sugar: 20.58g (22.86%), Cholesterol: 146.05mg (48.68%), Sodium: 1369.29mg (59.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.76g (129.53%), Selenium: 80.06µg (114.37%), Zinc:

13.76mg (91.73%), Vitamin B3: 18.33mg (91.66%), Vitamin B12: 5.16µg (86.08%), Vitamin B6: 1.62mg (80.84%), Phosphorus: 734.44mg (73.44%), Manganese: 1.35mg (67.42%), Iron: 11.45mg (63.6%), Potassium: 2144.7mg (61.28%), Copper: 1.09mg (54.38%), Vitamin C: 39.47mg (47.84%), Magnesium: 166.09mg (41.52%), Fiber: 10.03g (40.14%), Vitamin E: 5.71mg (38.05%), Vitamin B2: 0.64mg (37.54%), Vitamin B1: 0.46mg (30.74%), Vitamin B5: 2.87mg (28.74%), Vitamin K: 26.34µg (25.09%), Calcium: 233.71mg (23.37%), Folate: 81.34µg (20.33%), Vitamin A: 961.43IU (19.23%), Vitamin D: 0.26µg (1.72%)