

Souper Skillet Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole peeled undrained chopped canned
- ☐ 1 ounce onion soup mix dry
- ☐ 1 pound ground beef lean
- ☐ 2 cups macaroni
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 2 cups water

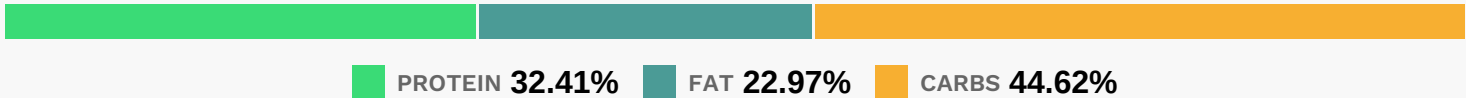
Equipment

☐ frying pan

Directions

- ☐ In a skillet over medium heat, brown the ground beef until no pink shows; drain.
- ☐ Stir in onion soup mix, oregano, tomatoes and water. Bring to boil; stir in macaroni. Simmer covered, stirring occasionally for 20 minutes or until macaroni is tender.
- ☐ Sprinkle in Parmesan cheese and top with Mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:17.707391383855%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 322.03kcal (16.1%), Fat: 8.15g (12.54%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 32.73g (11.9%), Sugar: 4.42g (4.91%), Cholesterol: 59.08mg (19.69%), Sodium: 780.41mg (33.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.76%), Selenium: 39.19µg (55.98%), Zinc: 5.11mg (34.06%), Vitamin B12: 1.98µg (33.02%), Phosphorus: 319.7mg (31.97%), Vitamin B3: 5.79mg (28.95%), Vitamin B6: 0.53mg (26.59%), Manganese: 0.49mg (24.3%), Iron: 3.79mg (21.03%), Potassium: 643.92mg (18.4%), Calcium: 165.86mg (16.59%), Vitamin B2: 0.28mg (16.22%), Vitamin C: 12.47mg (15.12%), Magnesium: 58.07mg (14.52%), Copper: 0.29mg (14.27%), Fiber: 2.9g (11.59%), Vitamin B1: 0.14mg (9.34%), Vitamin B5: 0.87mg (8.67%), Vitamin E: 1.26mg (8.42%), Vitamin K: 6.55µg (6.23%), Folate: 22.44µg (5.61%), Vitamin A: 272.32IU (5.45%)