



WHATShEATE



Southwestern Corn Skillet

READY IN



25 min.

SERVINGS



6

CALORIES



443 kcal

SIDE DISH

Ingredients



2.7 cups rotini pasta uncooked



1 lb ground beef 80% lean (at least)



0.5 cup onion chopped (1 medium)



26 oz tomato sauce



11 oz corn southwestern style undrained canned



0.5 teaspoon salt



4 oz cheddar cheese shredded



0.3 cup spring onion sliced

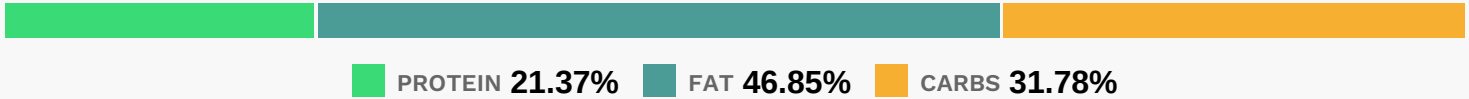
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package. Meanwhile, in 12-inch nonstick skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Stir in pasta sauce, corn, salt and cooked pasta. Cook until hot.
- ☐ Sprinkle with cheese; let stand 2 to 3 minutes or until melted.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:10.57, Inflammation Score:-7, Nutrition Score:18.065652111302%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 442.68kcal (22.13%), Fat: 23.08g (35.51%), Saturated Fat: 9.67g (60.47%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 32.18g (11.7%), Sugar: 5.81g (6.46%), Cholesterol: 72.57mg (24.19%), Sodium: 1037.86mg (45.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Selenium: 34.37µg (49.1%), Phosphorus: 316.29mg (31.63%), Zinc: 4.68mg (31.23%), Vitamin B12: 1.82µg (30.3%), Vitamin B3: 5.32mg (26.59%), Manganese: 0.44mg (21.95%), Vitamin B6: 0.43mg (21.7%), Potassium: 734.29mg (20.98%), Vitamin B2: 0.31mg (17.99%), Iron: 3.23mg (17.94%), Calcium: 177.25mg (17.73%), Vitamin A: 763.11IU (15.26%), Vitamin E: 2.28mg (15.17%), Copper: 0.3mg (14.78%), Magnesium: 58.4mg (14.6%), Vitamin C: 11.25mg (13.64%), Vitamin K: 13.96µg (13.29%), Fiber: 3.03g (12.12%), Folate: 45.39µg (11.35%), Vitamin B5: 0.97mg (9.72%), Vitamin B1: 0.11mg (7.18%), Vitamin D: 0.19µg (1.26%)