



Special Weeknight Pasta Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cloves garlic minced
- 2 pasilla peppers green chopped
- 2 singles quartered kraft
- 1 lb ground beef lean
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.5 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 cups rotini pasta uncooked

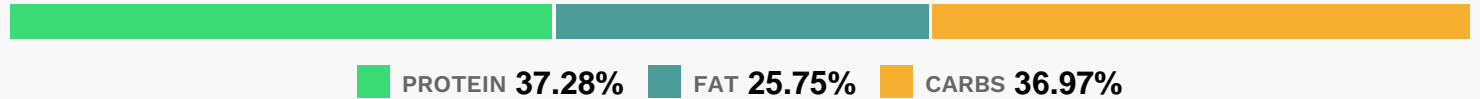
Equipment

- sauce pan

Directions

- Cook pasta as directed on package, omitting salt. Meanwhile, brown meat in large saucepan on medium heat.
- Remove from saucepan; drain.
- Add peppers, garlic and oregano to saucepan; cook and stir 3 min. or until peppers are crisp-tender.
- Add meat and pasta sauce; bring to boil.
- Remove from heat.
- Drain pasta.
- Add to sauce with Singles; stir. Top with mozzarella and Parmesan; cover.
- Remove from heat.
- Let stand 5 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:8.21, Inflammation Score:-7, Nutrition Score:18.903478534325%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 263.14kcal (13.16%), Fat: 7.55g (11.61%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 21.27g (7.73%), Sugar: 5.68g (6.31%), Cholesterol: 57.73mg (19.24%), Sodium: 749.41mg (32.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.18%), Vitamin C: 40.3mg (48.85%), Selenium: 29.98µg (42.83%), Zinc: 4.96mg (33.06%), Phosphorus: 310.07mg (31.01%), Vitamin B12: 1.84µg (30.75%), Vitamin

B3: 5.84mg (29.2%), Vitamin B6: 0.56mg (27.8%), Potassium: 739.13mg (21.12%), Manganese: 0.4mg (19.95%), Iron: 3.41mg (18.94%), Calcium: 160.43mg (16.04%), Vitamin B2: 0.27mg (15.84%), Vitamin A: 740.64IU (14.81%), Copper: 0.28mg (14.13%), Vitamin E: 2.08mg (13.89%), Magnesium: 53.08mg (13.27%), Fiber: 3.1g (12.44%), Vitamin B5: 1mg (9.97%), Vitamin K: 7.56µg (7.2%), Vitamin B1: 0.11mg (7.02%), Folate: 23.13µg (5.78%)