



Surprise Pasta

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 cherry tomatoes
- 1 tablespoon garlic chopped
- 1 bell pepper green
- 1 pound ground beef lean
- 0.5 onion
- 1 tablespoon oregano dried
- 12 ounce linguine pasta
- 4 servings salt and pepper to taste

6 ounce tomato paste canned

Equipment

food processor

frying pan

pot

spatula

Directions

Bring a large pot of lightly salted water to a boil.

Add linguine pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over medium heat, brown the ground beef until almost cooked; about 10 minutes. Season lightly with salt and pepper.

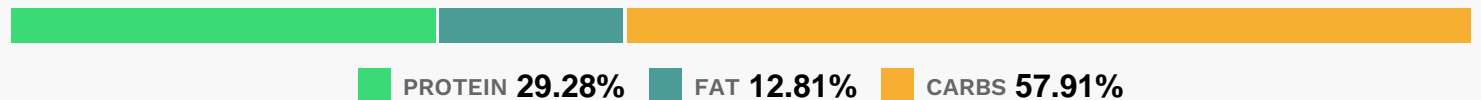
Using a food processor, chop the onion finely. Wash it out and then put in the bell pepper. It should turn to liquid. That's the surprise!

Add tomato paste, garlic, onions, oregano, and bell pepper juice to the browned beef. Allow it to settle a little bit, folding it all together.

Add the tomatoes and cover; simmer for another 15 minutes. With a fork or spatula crush the tomatoes and blend the juice into the sauce; continue simmering for about 10 more minutes.

Serve over cooked pasta.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:26.97, Inflammation Score:-9, Nutrition Score:29.131304440291%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 517.54kcal (25.88%), Fat: 7.29g (11.22%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 74.2g (24.73%), Net Carbohydrates: 68.77g (25.01%), Sugar: 7.63g (8.47%), Cholesterol: 70.31mg (23.44%), Sodium: 341.31mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.52g (75.04%), Selenium: 74.57µg (106.53%), Vitamin C: 48.88mg (59.25%), Manganese: 1.11mg (55.43%), Zinc: 7.32mg (48.83%), Vitamin B3: 8.88mg (44.39%), Phosphorus: 437.53mg (43.75%), Vitamin B12: 2.54µg (42.34%), Vitamin B6: 0.82mg (40.86%), Iron: 5.56mg (30.89%), Potassium: 987.86mg (28.22%), Copper: 0.51mg (25.69%), Magnesium: 94.41mg (23.6%), Fiber: 5.44g (21.75%), Vitamin B2: 0.3mg (17.37%), Vitamin K: 15.12µg (14.4%), Vitamin B1: 0.22mg (14.34%), Vitamin B5: 1.39mg (13.92%), Vitamin A: 638.87IU (12.78%), Vitamin E: 1.76mg (11.74%), Folate: 46.17µg (11.54%), Calcium: 81.71mg (8.17%)