



## Sweet Garlic Tomato Beef Pasta

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 beef bouillon cubes
- 2 cloves garlic minced
- 1 teaspoon garlic salt
- 1.5 pounds ground beef
- 0.1 teaspoon ground pepper black
- 1 small onion chopped
- 16 ounce seashell pasta
- 43.5 ounce stewed tomatoes italian canned

1.5 tablespoons sugar white

## Equipment

food processor

frying pan

pot

blender

## Directions

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

Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

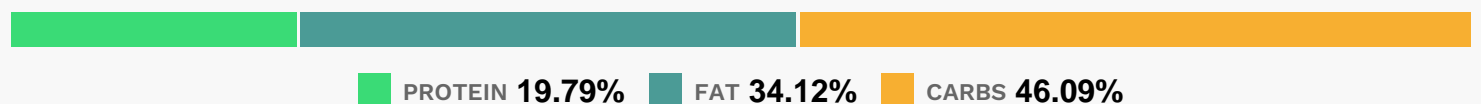
In a large skillet over medium heat, mix the beef, onion, and, garlic, and cook until beef is evenly brown.

In a blender or food processor, liquefy the tomatoes.

Pour into the skillet with the beef.

Mix in beef bouillon, sugar, garlic salt, and pepper. Cover, and simmer 10 minutes, stirring occasionally, until bouillon has dissolved. Stir in the pasta until evenly coated with the sauce to serve.

## Nutrition Facts



## Properties

Glycemic Index:25.14, Glycemic Load:18.84, Inflammation Score:-5, Nutrition Score:18.413912931214%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 482.36kcal (24.12%), Fat: 18.24g (28.06%), Saturated Fat: 6.76g (42.23%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 51.92g (18.88%), Sugar: 9.78g (10.87%), Cholesterol: 60.44mg (20.15%), Sodium:

1052.25mg (45.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.61%), Selenium: 50.1µg (71.57%), Manganese: 0.65mg (32.69%), Zinc: 4.64mg (30.96%), Vitamin B12: 1.84µg (30.58%), Vitamin B3: 5.72mg (28.62%), Phosphorus: 279.48mg (27.95%), Iron: 4.51mg (25.05%), Vitamin B6: 0.4mg (20.22%), Potassium: 697.51mg (19.93%), Copper: 0.39mg (19.74%), Magnesium: 64.88mg (16.22%), Vitamin C: 13.06mg (15.83%), Fiber: 3.53g (14.11%), Vitamin B2: 0.22mg (13.01%), Vitamin E: 1.69mg (11.29%), Vitamin B1: 0.17mg (11.14%), Vitamin B5: 0.87mg (8.67%), Calcium: 84.24mg (8.42%), Folate: 26.04µg (6.51%), Vitamin A: 265.57IU (5.31%), Vitamin K: 5.39µg (5.13%)