



## Three-Alarm Italian Style Chili Mac

READY IN



40 min.

SERVINGS



6

CALORIES



777 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 Handful basil leaves
- 1 cup beef stock
- 6 servings bell pepper black
- 2 tablespoons chili powder
- 28 ounce canned tomatoes fire roasted crushed canned
- 3 cloves garlic chopped
- 1.5 pounds ground sirloin
- 2 tablespoons olive oil extra-virgin
- 1 onion chopped

- 1 pound penne pasta (hollow pasta spirals)
- 1 cubanelle pepper seeded chopped
- 1 bell pepper red seeded chopped
- 6 servings salt
- 2 cups cheddar smoked shredded (aged mozzarella)

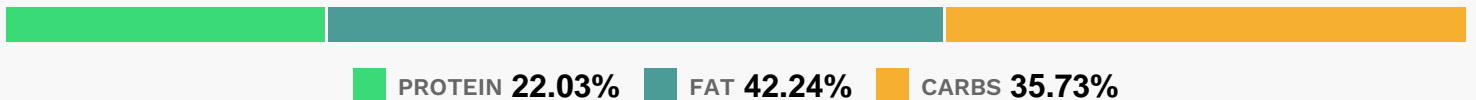
## Equipment

- frying pan
- casserole dish
- broiler

## Directions

- Cook pasta in salted water until al dente. Preheat broiler to high.
- Meanwhile, heat a deep skillet over medium high heat with extra-virgin olive oil. When oil ripples or smokes, crumble beef and brown, 5 to 6 minutes. Season the meat with chili powder, salt and pepper. When meat has browned, add onions, peppers and garlic. Cook vegetables until soft, 6 to 7 minutes.
- Add stock and scrape up pan drippings. Stir in crushed tomatoes, simmer sauce 10 minutes and fold in basil.
- Drain pasta and add to sauce. Toss to combine and transfer to a casserole dish. Cover with cheese and brown under broiler 3 to 4 minutes.

## Nutrition Facts



## Properties

Glycemic Index:43.33, Glycemic Load:23.72, Inflammation Score:-9, Nutrition Score:29.923913157505%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

## Nutrients (% of daily need)

Calories: 777.41kcal (38.87%), Fat: 36.13g (55.59%), Saturated Fat: 14.84g (92.75%), Carbohydrates: 68.75g (22.92%), Net Carbohydrates: 63.59g (23.13%), Sugar: 7.23g (8.04%), Cholesterol: 114.78mg (38.26%), Sodium: 848.09mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.4g (84.79%), Selenium: 77.71µg (111.01%), Phosphorus: 542.82mg (54.28%), Zinc: 7.81mg (52.09%), Vitamin B12: 2.86µg (47.67%), Vitamin A: 2336.89IU (46.74%), Manganese: 0.84mg (42.09%), Vitamin B3: 7.46mg (37.32%), Calcium: 360.4mg (36.04%), Vitamin C: 29.67mg (35.97%), Vitamin B6: 0.7mg (35.13%), Vitamin B2: 0.47mg (27.6%), Iron: 4.89mg (27.19%), Potassium: 735.14mg (21%), Fiber: 5.16g (20.62%), Magnesium: 82.4mg (20.6%), Vitamin E: 2.8mg (18.67%), Copper: 0.37mg (18.57%), Vitamin B5: 1.22mg (12.24%), Vitamin B1: 0.17mg (11.25%), Folate: 42.76µg (10.69%), Vitamin K: 10.74µg (10.23%), Vitamin D: 0.34µg (2.26%)