

Wagon Train Pasta

READY IN



20 min.

SERVINGS



5

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 eggs
- 0.1 teaspoon garlic minced
- 0.1 teaspoon pepper
- 2 tablespoons parmesan cheese grated
- 4 ounces part-skim mozzarella cheese shredded divided
- 3 cups soup noodles uncooked
- 0.5 teaspoon salt
- 2 tablespoons seasoned bread crumbs
- 1.5 cups pasta sauce

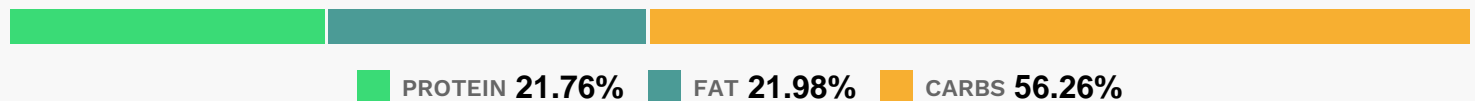
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions. Meanwhile, in a large bowl, beat the egg, salt, garlic and pepper.
- Add beef and mix well.
- Sprinkle with Parmesan cheese and bread crumbs; mix gently.
- Crumble beef mixture into a large skillet. Cook over medium-high heat until meat is no longer pink; drain. Stir in the spaghetti sauce. Reduce heat; cover and simmer for 2-4 minutes or until heated through.
- Drain pasta; place in a serving bowl.
- Add beef mixture; sprinkle with 1/2 cup mozzarella cheese. Toss until pasta is well coated and cheese is melted.
- Sprinkle with remaining mozzarella.

Nutrition Facts



Properties

Glycemic Index:29.8, Glycemic Load:12.08, Inflammation Score:-5, Nutrition Score:11.048260854638%

Nutrients (% of daily need)

Calories: 245.37kcal (12.27%), Fat: 5.99g (9.22%), Saturated Fat: 3.07g (19.16%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 32.06g (11.66%), Sugar: 4.1g (4.55%), Cholesterol: 49.03mg (16.34%), Sodium: 824.44mg (35.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.71%), Selenium: 30.86µg (44.09%), Manganese: 0.46mg (23.14%), Phosphorus: 230.27mg (23.03%), Calcium: 225.59mg (22.56%), Vitamin B2: 0.2mg (11.88%), Copper: 0.21mg (10.61%), Zinc: 1.55mg (10.36%), Vitamin A: 500.16IU (10%), Fiber: 2.46g (9.86%), Potassium: 343.7mg (9.82%), Magnesium: 39.03mg (9.76%), Iron: 1.59mg (8.84%), Vitamin E: 1.24mg (8.29%), Vitamin B6: 0.16mg (8.18%), Vitamin B3: 1.62mg (8.1%), Vitamin B1: 0.1mg (6.46%), Vitamin C: 5.28mg (6.4%), Folate: 24.16µg (6.04%), Vitamin B5: 0.57mg (5.68%), Vitamin B12: 0.31µg (5.09%), Vitamin K: 4.44µg (4.23%), Vitamin D: 0.25µg

(1.69%)