



American Chop Suey II

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce condensed tomato soup canned
- 16 ounce elbow macaroni uncooked
- 1 pound ground beef lean
- 1 onion chopped
- 6 servings salt and pepper to taste

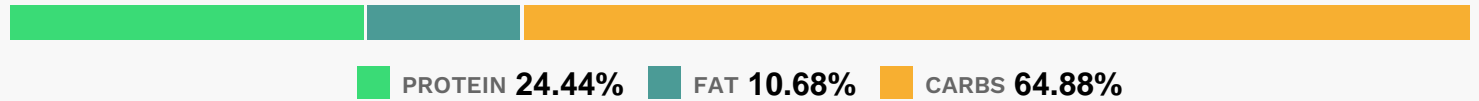
Equipment

- frying pan
- pot

Directions

- Cook macaroni according to package directions.
- Meanwhile, in a separate large skillet over medium high heat, saute the ground beef and the onion for 5 to 10 minutes, or until meat is browned and crumbly.
- Drain thoroughly and leave the meat and onion in the skillet.
- Pour the two cans of tomato soup into the skillet and stir well to combine.
- When noodles are done, drain thoroughly and return noodles to the pot.
- Add the hamburger mixture from the skillet to the pot.
- Mix well and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:5.61, Inflammation Score:-6, Nutrition Score:19.934782432473%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 458.42kcal (22.92%), Fat: 5.39g (8.29%), Saturated Fat: 2.03g (12.72%), Carbohydrates: 73.62g (24.54%), Net Carbohydrates: 69.78g (25.37%), Sugar: 11.16g (12.4%), Cholesterol: 46.87mg (15.62%), Sodium: 631.93mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Selenium: 64.07µg (91.53%), Manganese: 0.87mg (43.26%), Zinc: 5.13mg (34.19%), Phosphorus: 329.38mg (32.94%), Vitamin B3: 6.33mg (31.66%), Potassium: 1027.88mg (29.37%), Vitamin B12: 1.69µg (28.22%), Vitamin B6: 0.51mg (25.65%), Iron: 3.42mg (19.01%), Magnesium: 72.76mg (18.19%), Vitamin C: 14.46mg (17.53%), Copper: 0.33mg (16.74%), Fiber: 3.85g (15.39%), Vitamin B2: 0.19mg (11.02%), Vitamin B1: 0.15mg (10.01%), Vitamin B5: 0.83mg (8.34%), Vitamin A: 398.58IU (7.97%), Folate: 20.87µg (5.22%), Vitamin E: 0.64mg (4.29%), Calcium: 40.22mg (4.02%), Vitamin K: 3.63µg (3.45%)