



Amish Yumazuti

READY IN



90 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 0.8 cup celery chopped
- 10.8 ounce cream of chicken soup canned
- 12 ounce extra wide egg noodles uncooked
- 1 tablespoon garlic minced
- 1 pound ground beef
- 1 onion chopped
- 0.3 cup cheddar cheese shredded

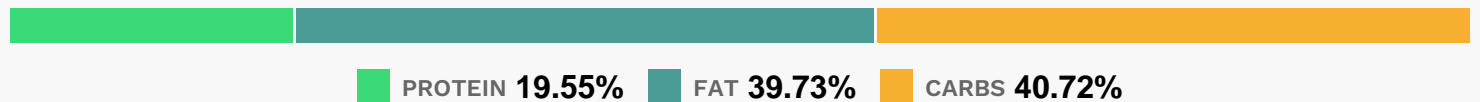
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place noodles in a pot of lightly salted boiling water. Cook until al dente, about 8 minutes.
- Drain and set aside.
- Cook ground beef, onion, celery and garlic in a skillet over medium heat until meat is evenly browned.
- Drain off excess grease.
- Butter a 9x13 inch baking dish.
- Place half of the cooked noodles in the bottom of the dish. Cover them with half of the meat mixture, then half of the tomatoes. Spoon half of the cream of chicken soup over the tomatoes, then sprinkle half of the shredded cheese. Repeat layers, ending with cheese on the top.
- Bake for 1 hour in the preheated oven, or until cheese is browned and bubbly.
- Let stand for 10 minutes to set before serving.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:20.51, Inflammation Score:-6, Nutrition Score:20.270435048186%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg,

Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg
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: 507.68kcal (25.38%), Fat: 22.41g (34.47%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 51.68g (17.23%),
Net Carbohydrates: 47.97g (17.44%), Sugar: 5.33g (5.92%), Cholesterol: 110.07mg (36.69%), Sodium: 551.41mg
(23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Selenium: 59.06µg (84.37%),
Manganese: 0.71mg (35.58%), Phosphorus: 325.71mg (32.57%), Zinc: 4.82mg (32.11%), Vitamin B12: 1.83µg (30.54%),
Vitamin B3: 5.5mg (27.48%), Vitamin B6: 0.52mg (26.03%), Iron: 4.07mg (22.59%), Copper: 0.42mg (21.1%),
Potassium: 636.65mg (18.19%), Magnesium: 66.3mg (16.57%), Vitamin B2: 0.26mg (15.08%), Fiber: 3.71g (14.86%),
Vitamin B1: 0.2mg (13.47%), Vitamin B5: 1.27mg (12.66%), Vitamin E: 1.72mg (11.5%), Calcium: 108.83mg (10.88%),
Vitamin K: 11.27µg (10.73%), Vitamin C: 8.52mg (10.32%), Folate: 40.71µg (10.18%), Vitamin A: 379.25IU (7.58%),
Vitamin D: 0.27µg (1.83%)