



Beef, Bacon and Noodle Bake

 Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups baby carrots
- 4 slices bacon cut into 3/4-inch pieces
- 12 oz gravy
- 1.5 lb stew meat
- 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 1.5 cups green beans whole frozen (from 14-oz bag)
- 0.5 cup onion chopped
- 0.5 teaspoon lawry's seasoned salt

- 1 cup water
- 4 oz extra wide egg noodles uncooked

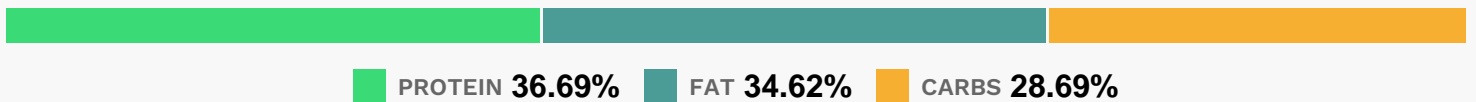
Equipment

- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 325F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 12-inch nonstick skillet, cook bacon over medium-high heat 3 minutes, stirring occasionally. Stir in beef, seasoned salt and onion. Cook, stirring occasionally, until beef is brown.
- Spoon beef mixture into baking dish. Stir in carrots, tomatoes, gravy and water. Cover and bake 1 hour 30 minutes.
- Stir in noodles and green beans. Cover and bake 20 to 25 minutes or until beef, noodles and beans are tender.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:6.47, Inflammation Score:-10, Nutrition Score:25.043478012085%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 353.01kcal (17.65%), Fat: 13.45g (20.69%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 21.87g (7.95%), Sugar: 5.93g (6.59%), Cholesterol: 100.4mg (33.47%), Sodium: 745.12mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.14%), Vitamin A: 4700.12IU (94%), Selenium: 49.84µg (71.2%), Vitamin B6: 0.98mg (49.24%), Vitamin B3: 9.53mg (47.66%), Vitamin B12: 2.23µg (37.1%), Zinc: 5.5mg (36.64%), Phosphorus: 346.77mg (34.68%), Iron: 4.02mg (22.32%), Potassium: 744.02mg (21.26%), Manganese: 0.36mg (17.86%), Vitamin K: 18.33µg (17.46%), Vitamin B2: 0.29mg (17.16%), Vitamin B1: 0.25mg (16.48%), Magnesium: 59.28mg (14.82%), Copper: 0.28mg (14.17%), Vitamin C: 11.55mg (13.99%), Fiber: 3.21g (12.82%), Folate: 45.95µg (11.49%), Vitamin B5: 1.04mg (10.36%), Calcium: 74.92mg (7.49%), Vitamin E: 1.05mg (7.03%)