



Beef Lombardi

READY IN



51 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 14.5 ounce canned tomatoes chopped canned
- ☐ 6 ounce extra wide egg noodles
- ☐ 0.5 cup spring onion chopped
- ☐ 1 pound ground beef lean
- ☐ 1 cup parmesan shredded
- ☐ 6 servings parsley fresh
- ☐ 0.3 teaspoon pepper

- ☐ 2 teaspoons salt
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 1 cup cream sour
- ☐ 2 teaspoons sugar
- ☐ 6 ounce canned tomatoes canned

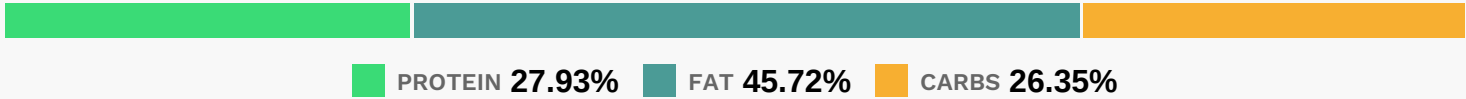
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook ground beef in a large skillet over medium heat 5 to 6 minutes, stirring until it crumbles and is no longer pink.
- ☐ Drain.
- ☐ Stir in chopped tomatoes and next 4 ingredients; cook 5 minutes.
- ☐ Add tomato paste and bay leaf, and simmer 30 minutes.
- ☐ Cook egg noodles according to package directions; drain.
- ☐ Stir together cooked egg noodles, chopped green onions, and sour cream until blended.
- ☐ Place noodle mixture in bottom of a lightly greased 13- x 9-inch baking dish. Top with beef mixture; sprinkle evenly with cheeses.
- ☐ Bake, covered with aluminum foil, at 350 for 35 minutes. Uncover casserole, and bake 5 more minutes.
- ☐ Garnish, if desired.
- ☐ Note: Freeze casserole up to 1 month, if desired. Thaw in refrigerator overnight.
- ☐ Bake as directed.
- ☐ To lighten: Substitute low-fat or fat-free sour cream and 2% reduced-fat Cheddar cheese. Reduce amount of cheeses on top to 1/2 cup each.

Nutrition Facts



Properties

Glycemic Index:67.52, Glycemic Load:12.92, Inflammation Score:-8, Nutrition Score:30.900434981222%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 543.09kcal (27.15%), Fat: 27.89g (42.91%), Saturated Fat: 14.82g (92.65%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.11g (11.68%), Sugar: 10.13g (11.26%), Cholesterol: 138.47mg (46.16%), Sodium: 1545.83mg (67.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.33g (76.66%), Vitamin K: 92.74µg (88.32%), Selenium: 50.16µg (71.65%), Phosphorus: 567.94mg (56.79%), Calcium: 543.36mg (54.34%), Vitamin B12: 2.69µg (44.79%), Zinc: 6.69mg (44.6%), Vitamin B3: 6.72mg (33.59%), Vitamin B6: 0.63mg (31.69%), Vitamin B2: 0.49mg (28.81%), Vitamin A: 1435.06IU (28.7%), Manganese: 0.56mg (28.13%), Iron: 4.88mg (27.12%), Potassium: 891.7mg (25.48%), Vitamin C: 20.5mg (24.85%), Copper: 0.44mg (22.07%), Magnesium: 85.8mg (21.45%), Vitamin E: 2.55mg (17.03%), Fiber: 4.05g (16.19%), Vitamin B5: 1.48mg (14.77%), Vitamin B1: 0.22mg (14.71%), Folate: 50.95µg (12.74%), Vitamin D: 0.43µg (2.89%)