



Beef Lombardi

READY IN



50 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 3 oz cream cheese softened
- ☐ 8 oz extra wide egg noodles
- ☐ 4 spring onion chopped
- ☐ 2 oz pizza cheese shredded italian
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 1 pound ground beef lean
- ☐ 1.5 teaspoons salt divided
- ☐ 0.5 cup cream sour

☐ 6 oz canned tomatoes canned

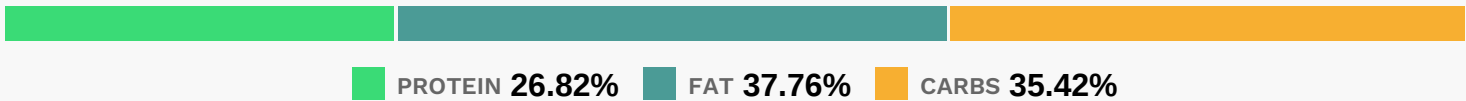
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Prepare egg noodles according to package directions.
- ☐ Meanwhile, sprinkle ground beef with 1 1/4 tsp. salt and Italian seasoning. Cook beef in a large skillet over medium heat, stirring often, 5 to 6 minutes or until meat crumbles and is no longer pink.
- ☐ Stir in tomato paste, and cook 2 minutes; stir in tomatoes, 1/2 cup water, and remaining 1/4 tsp. salt; reduce heat to medium-low, and simmer 8 minutes.
- ☐ Microwave cream cheese in a microwave-safe bowl at HIGH 20 seconds. Stir in sour cream and green onions. Stir cream cheese mixture into hot cooked noodles.
- ☐ Place noodle mixture in bottom of a lightly greased 11- x 7-inch baking dish. Top with beef mixture; sprinkle with shredded Italian cheese.
- ☐ Bake at 350 for 25 minutes or until hot and bubbly.
- ☐ Note: To lighten, substitute low-fat or fat-free sour cream and 2% reduced-fat cheese.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:12.22, Inflammation Score:-6, Nutrition Score:17.110434791316%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 394.45kcal (19.72%), Fat: 16.52g (25.41%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 32.27g (11.74%), Sugar: 4.92g (5.47%), Cholesterol: 106.14mg (35.38%), Sodium: 851.86mg (37.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.79%), Selenium: 45.1µg (64.42%), Zinc: 4.82mg (32.14%), Vitamin B12: 1.87µg (31.24%), Phosphorus: 282.79mg (28.28%), Vitamin B3: 5.37mg (26.87%), Vitamin B6: 0.44mg (22.15%), Manganese: 0.41mg (20.45%), Iron: 3.47mg (19.28%), Vitamin K: 20.1µg (19.14%), Vitamin A: 750.8IU (15.02%), Potassium: 503.84mg (14.4%), Vitamin B2: 0.24mg (14.27%), Magnesium: 49.48mg (12.37%), Copper: 0.24mg (11.83%), Calcium: 111.02mg (11.1%), Vitamin B5: 1.06mg (10.62%), Fiber: 2.59g (10.37%), Vitamin B1: 0.13mg (8.55%), Vitamin C: 5.52mg (6.69%), Folate: 26.37µg (6.59%), Vitamin E: 0.98mg (6.5%), Vitamin D: 0.19µg (1.26%)