



Beef Parmesan

READY IN



20 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups soup noodles hot cooked
- 1 lb ground beef patties frozen
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup parmesan cheese grated kraft
- 2 large tomatoes chopped

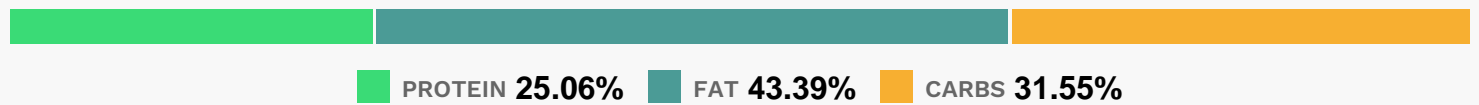
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- Place patties in single layer on broiler pan. Broil 5 min.
- Turn patties over; top with remaining ingredients except pasta.
- Broil an additional 3 to 5 min. or until burgers are cooked through (160F) and shredded cheese is melted.
- Serve with pasta.

Nutrition Facts



Properties

Glycemic Index:4.32, Glycemic Load:3.5, Inflammation Score:-2, Nutrition Score:4.1473913335282%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 106.16kcal (5.31%), Fat: 5.05g (7.78%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.63g (2.77%), Sugar: 0.67g (0.75%), Cholesterol: 16.69mg (5.56%), Sodium: 74.47mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Selenium: 10.8µg (15.43%), Vitamin B12: 0.53µg (8.8%), Zinc: 1.29mg (8.63%), Phosphorus: 84.74mg (8.47%), Calcium: 59.89mg (5.99%), Vitamin B3: 1.08mg (5.41%), Manganese: 0.1mg (5.09%), Iron: 0.81mg (4.48%), Vitamin B6: 0.08mg (3.98%), Vitamin B2: 0.07mg (3.87%), Vitamin A: 189.35IU (3.79%), Potassium: 121.49mg (3.47%), Vitamin C: 2.49mg (3.02%), Magnesium: 12.04mg (3.01%), Copper: 0.05mg (2.63%), Fiber: 0.64g (2.57%), Folate: 6.31µg (1.58%), Vitamin B1: 0.02mg (1.5%), Vitamin K: 1.55µg (1.47%), Vitamin B5: 0.12mg (1.21%)