



Beef Pasta and Green Beans

READY IN



30 min.

SERVINGS



5

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups green beans frozen
- 1 package beef pasta skillet meal
- 1 pound ground beef lean
- 0.3 cup parmesan cheese grated
- 3.7 cups water hot

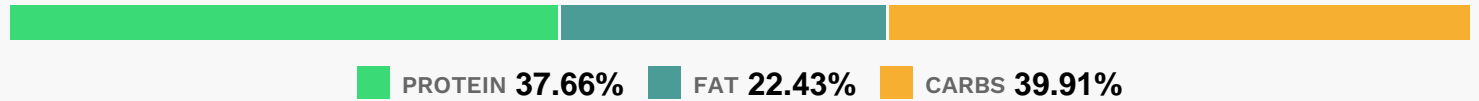
Equipment

- frying pan

Directions

- Brown beef in 10-inch skillet over medium-high heat, stirring occasionally; drain.
- Stir in uncooked Pasta, Sauce
- Mix, hot water and beans.
- Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until beans are tender.
- Remove from heat; cover and let stand about 5 minutes or until sauce is as thick as you'd like, (sauce will thicken as it stands).
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:14.153913114382%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 266.22kcal (13.31%), Fat: 6.52g (10.03%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 23.95g (8.71%), Sugar: 3.39g (3.76%), Cholesterol: 60.6mg (20.2%), Sodium: 948.44mg (41.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Vitamin B12: 2.1µg (34.99%), Vitamin B3: 6.87mg (34.35%), Zinc: 4.96mg (33.05%), Selenium: 17.8µg (25.43%), Phosphorus: 228.04mg (22.8%), Vitamin B6: 0.42mg (21.09%), Vitamin B1: 0.29mg (19.53%), Iron: 3.34mg (18.54%), Vitamin K: 19.28µg (18.36%), Vitamin B2: 0.31mg (18.17%), Potassium: 474.43mg (13.56%), Fiber: 2.16g (8.65%), Magnesium: 34.44mg (8.61%), Calcium: 73.85mg (7.38%), Vitamin B5: 0.7mg (6.98%), Vitamin A: 346.85IU (6.94%), Vitamin C: 5.37mg (6.51%), Copper: 0.13mg (6.5%), Manganese: 0.11mg (5.42%), Folate: 19.36µg (4.84%), Vitamin E: 0.46mg (3.07%)