



WHAT'SHEATE



Beefy Italian Ramen Skillet

READY IN



35 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz flavor pack from ramen
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 24 slices pepperoni ()
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- ☐ 1 cup water
- ☐ 1 small bell pepper green cut into 1/2-inch pieces (1/2 cup)
- ☐ 4 oz mozzarella cheese shredded

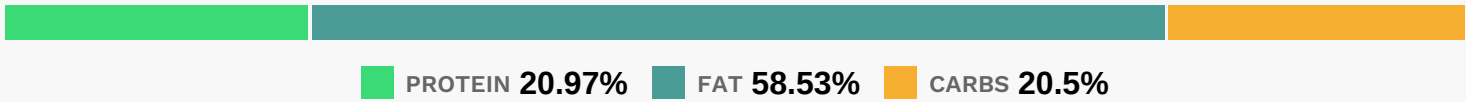
Equipment

☐ frying pan

Directions

- ☐ Break blocks of noodles in half (reserve one seasoning packet; discard second packet); set aside. In 10-inch skillet, cook beef and pepperoni over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- ☐ Stir tomatoes, water and reserved seasoning packet into beef mixture.
- ☐ Heat to boiling. Stir in noodles and bell pepper. Cook 3 to 5 minutes, stirring occasionally, until noodles are tender.
- ☐ Sprinkle cheese on noodle mixture in ring around edge of skillet. Cover and let stand about 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:23.524347688841%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 640.14kcal (32.01%), Fat: 41.42g (63.72%), Saturated Fat: 17.79g (111.2%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 30.36g (11.04%), Sugar: 3.94g (4.38%), Cholesterol: 114.55mg (38.18%), Sodium: 1445.13mg (62.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.4g (66.79%), Vitamin B12: 3.31µg (55.09%), Vitamin B1: 0.78mg (52.3%), Zinc: 6.49mg (43.29%), Selenium: 29.96µg (42.8%), Vitamin B3: 8.03mg (40.13%), Phosphorus: 373.17mg (37.32%), Vitamin B6: 0.61mg (30.64%), Vitamin C: 24.69mg (29.92%), Iron: 5.29mg (29.4%), Vitamin B2: 0.45mg (26.71%), Calcium: 214.1mg (21.41%), Manganese: 0.42mg (20.92%), Potassium: 664.85mg (19%), Folate: 66.95µg (16.74%), Vitamin E: 2.07mg (13.82%), Magnesium: 51.06mg (12.76%), Copper: 0.24mg (11.98%), Vitamin B5: 1.02mg (10.19%), Fiber: 2.28g (9.11%), Vitamin A: 380.33IU (7.61%), Vitamin K: 7.74µg (7.37%), Vitamin D: 0.38µg (2.55%)