



Charlie's Beef-and-Zucchini Dish

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 2.5 cups rice hot cooked
- ☐ 1 pound extra-lean ground beef
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 4 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 3 cups zucchini diced (3 small)

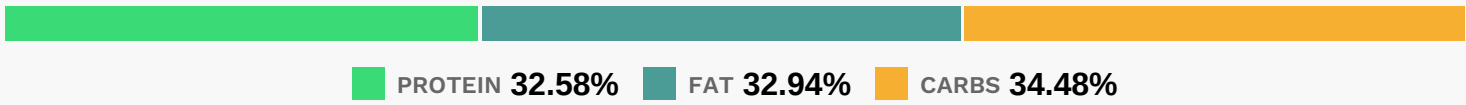
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook beef in a large nonstick skillet over medium-high heat until browned; stir to crumble.
- ☐ Drain well.
- ☐ Wipe pan with paper towel. Coat with cooking spray; place over medium-high heat.
- ☐ Add zucchini and garlic; saut 5 minutes.
- ☐ Add beef, seasoning, and sauce; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Add 2/3 cup cheese; stir until cheese melts.
- ☐ Serve over rice.
- ☐ Sprinkle with 1/3 cup cheese.

Nutrition Facts



Properties

Glycemic Index:46.2, Glycemic Load:25.97, Inflammation Score:-7, Nutrition Score:20.909130479978%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 356.79kcal (17.84%), Fat: 13g (20%), Saturated Fat: 6.56g (41.02%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 28g (10.18%), Sugar: 5.23g (5.81%), Cholesterol: 78.93mg (26.31%), Sodium: 645.25mg (28.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Zinc: 6.3mg (42%), Selenium: 29.01µg (41.44%), Vitamin B12: 2.27µg (37.87%), Phosphorus: 372.66mg (37.27%), Vitamin B6: 0.67mg (33.7%), Vitamin B3: 6.57mg (32.87%), Manganese: 0.65mg (32.65%), Vitamin C: 20.05mg (24.3%), Potassium: 832.47mg (23.78%), Vitamin B2: 0.39mg (22.86%), Calcium: 209.57mg (20.96%), Iron: 3.67mg (20.37%), Magnesium: 63.94mg (15.99%), Vitamin A: 775.77IU (15.52%), Vitamin B5: 1.43mg (14.27%), Copper: 0.28mg (14.09%), Vitamin E: 1.93mg (12.84%), Fiber: 2.62g (10.46%), Folate: 38.67µg (9.67%), Vitamin K: 9.06µg (8.63%), Vitamin B1: 0.12mg (7.86%), Vitamin D: 0.23µg (1.51%)