



## Collins Goulash

READY IN



30 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 21.5 ounce cream of mushroom soup canned
- 8 ounce cream cheese softened
- 16 ounce elbow macaroni
- 1 pound ground beef

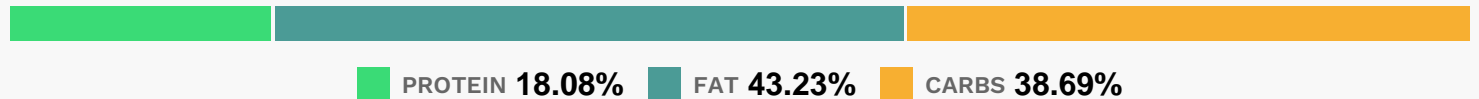
### Equipment

- frying pan
- pot
- colander

## Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta is tender and has cooked through, about 10 minutes.
- Drain well in a colander set in the sink.
- Cook the ground beef in a skillet over medium heat, breaking the meat up as it cooks, until the beef is browned and no longer pink.
- Drain excess fat. Stir in the cream cheese until melted, then mix in the mushroom soup until thoroughly combined. Stir in milk, about 1/4 cup at a time, until the mixture is the consistency of gravy. Stir in the macaroni, bring to a simmer, and serve.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:14.406521838644%

## Nutrients (% of daily need)

Calories: 500.07kcal (25%), Fat: 23.78g (36.58%), Saturated Fat: 11.15g (69.68%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 45.9g (16.69%), Sugar: 2.58g (2.87%), Cholesterol: 72.7mg (24.23%), Sodium: 670.59mg (29.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.75%), Selenium: 46.78µg (66.82%), Manganese: 0.76mg (37.86%), Zinc: 4.15mg (27.66%), Phosphorus: 249.17mg (24.92%), Vitamin B12: 1.4µg (23.29%), Vitamin B3: 4.07mg (20.36%), Copper: 0.36mg (17.8%), Vitamin B6: 0.31mg (15.5%), Vitamin B2: 0.23mg (13.46%), Iron: 2.4mg (13.34%), Magnesium: 47.57mg (11.89%), Potassium: 412.95mg (11.8%), Vitamin B5: 0.84mg (8.35%), Fiber: 1.97g (7.87%), Vitamin A: 380.73IU (7.61%), Vitamin B1: 0.1mg (6.48%), Folate: 22.06µg (5.51%), Calcium: 52.66mg (5.27%), Vitamin E: 0.54mg (3.59%), Vitamin K: 1.67µg (1.59%)