



Creamy Beef & Egg Noodle Bake

READY IN



50 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz cream of mushroom soup canned
- 3 cups extra wide egg noodles uncooked
- 2 cups vegetables mixed frozen thawed drained (carrots, corn, green beans, peas)
- 1 lb ground beef lean
- 1 cup milk
- 1 onion chopped
- 1.5 cups cheddar cheese shredded kraft
- 0.5 tsp thyme leaves dried crushed

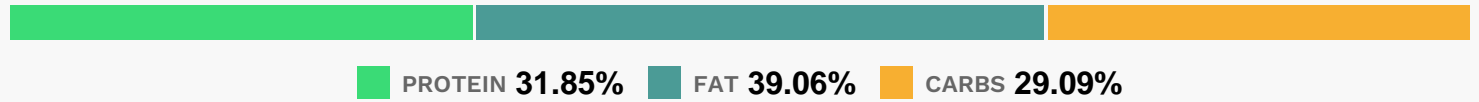
Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- Heat oven to 375F.
- Cook noodles as directed on package, omitting salt. Meanwhile, brown meat with onions and thyme in skillet; drain.
- Spoon noodles into 13x9-inch baking dish; top with meat and mixed vegetables.
- Whisk soup and milk until blended; pour over vegetables. Top with cheese; cover.
- Bake 25 min. or until heated through, uncovering for the last 10 min.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:9.55, Inflammation Score:-9, Nutrition Score:21.969130510869%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 391.24kcal (19.56%), Fat: 17g (26.15%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 25.01g (9.1%), Sugar: 3.18g (3.54%), Cholesterol: 98.32mg (32.77%), Sodium: 618.34mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.19g (62.38%), Vitamin A: 3444.91IU (68.9%), Selenium: 37.23µg (53.18%), Phosphorus: 420.82mg (42.08%), Zinc: 6.24mg (41.61%), Vitamin B12: 2.34µg (39.05%), Vitamin B3: 5.82mg (29.09%), Calcium: 284.74mg (28.47%), Manganese: 0.49mg (24.45%), Vitamin B6: 0.48mg (24.05%), Vitamin B2: 0.4mg (23.81%), Iron: 3.16mg (17.57%), Potassium: 606mg (17.31%), Magnesium: 59.97mg (14.99%),

Copper: 0.28mg (14.14%), Fiber: 3.47g (13.88%), Vitamin B1: 0.19mg (12.41%), Vitamin B5: 1.14mg (11.38%), Folate: 39.64µg (9.91%), Vitamin C: 7.77mg (9.42%), Vitamin D: 0.75µg (5%), Vitamin E: 0.52mg (3.45%), Vitamin K: 1.2µg (1.14%)