



Easy Beef and Macaroni

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 teaspoons chili powder
- ☐ 4 cups elbow macaroni
- ☐ 8 servings spring onion
- ☐ 4 cups goat meat
- ☐ 2 teaspoons paprika
- ☐ 8 servings cream sour

Equipment

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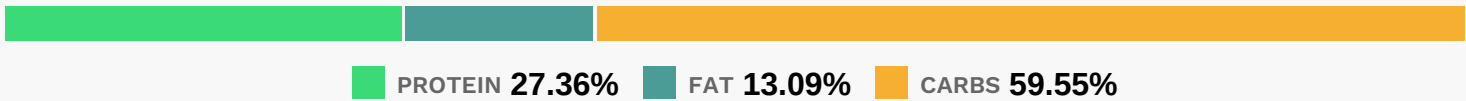
dutch oven

Directions

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Heat Savory Meat Base, thawed, in a Dutch oven over medium heat. Stir in the next 4 ingredients. Cover, reduce heat, and simmer 15 minutes. Discard bay leaf. Stir in 4 cups hot cooked elbow macaroni; cook 5 more minutes. Top with sour cream and sliced green onions.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:19.389130509418%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 390.18kcal (19.51%), Fat: 5.62g (8.65%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 57.54g (19.18%), Net Carbohydrates: 53.81g (19.57%), Sugar: 4.77g (5.3%), Cholesterol: 55.08mg (18.36%), Sodium: 172.25mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.87%), Selenium: 69.16µg (98.8%), Vitamin B3: 9.79mg (48.96%), Manganese: 0.78mg (38.78%), Vitamin B6: 0.77mg (38.41%), Phosphorus: 320.67mg (32.07%), Potassium: 636.93mg (18.2%), Magnesium: 70.93mg (17.73%), Copper: 0.33mg (16.62%), Vitamin B5: 1.58mg (15.75%), Vitamin K: 16.47µg (15.69%), Fiber: 3.72g (14.9%), Vitamin A: 662.85IU (13.26%), Iron: 2.15mg (11.95%), Zinc: 1.67mg (11.12%), Vitamin B2: 0.18mg (10.56%), Vitamin B1: 0.16mg (10.54%), Vitamin E: 1.28mg (8.51%), Vitamin C: 6.88mg (8.34%), Folate: 27.25µg (6.81%), Calcium: 55.26mg (5.53%), Vitamin B12: 0.18µg (2.92%)