



## Easy Greek Skillet Dinner

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 medium carrots sliced quartered
- 10.8 ounce all natural tomato soup canned
- 0.5 pound elbow macaroni dried
- 2 cloves garlic minced pressed
- 1 pound ground beef lean
- 1.5 tablespoons oregano dried
- 6 servings salt and pepper
- 10.8 ounce water canned

1 large zucchini sliced quartered

## Equipment

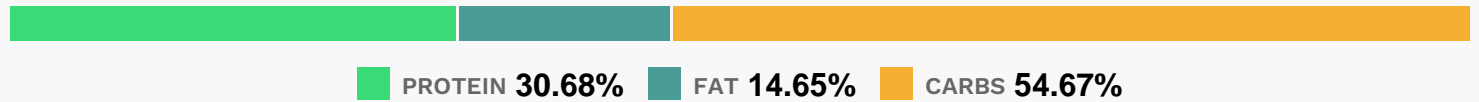
frying pan

pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni for 8 to 10 minutes or until al dente; drain, and set aside.
- Brown ground beef with garlic in a large skillet over medium heat. Strain off fat, if necessary. When meat is lightly browned, add carrots and cook until tender, about 5 minutes. Stir in zucchini and oregano, and continue cooking another 5 minutes. Season to taste with salt and pepper.
- When vegetables are tender, stir in tomato soup, water, and prepared elbow macaroni, and cook for another 5 to 10 minutes.
- Serve with crumbled feta cheese on top, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.22, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:20.562173947044%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 299.62kcal (14.98%), Fat: 4.85g (7.47%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 37.34g (13.58%), Sugar: 7.56g (8.4%), Cholesterol: 46.87mg (15.62%), Sodium: 458.8mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.75%), Vitamin A: 3725.01IU (74.5%), Selenium: 38.89µg (55.56%), Zinc: 4.74mg (31.63%), Manganese: 0.63mg (31.41%), Vitamin B3: 5.74mg (28.7%), Vitamin B12: 1.69µg (28.22%), Phosphorus: 267.83mg (26.78%), Vitamin B6: 0.54mg (26.75%), Potassium: 856.69mg (24.48%), Vitamin C: 17.73mg (21.49%), Iron: 3.33mg (18.5%), Magnesium: 60.04mg (15.01%), Vitamin K: 14.68µg (13.98%),

Fiber: 3.43g (13.71%), Vitamin B2: 0.22mg (13.07%), Copper: 0.25mg (12.49%), Vitamin B1: 0.13mg (8.55%), Vitamin B5: 0.83mg (8.31%), Folate: 30.36µg (7.59%), Calcium: 60.08mg (6.01%), Vitamin E: 0.85mg (5.69%)