



Elbows and Ground Beef

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 58 ounce tomato sauce canned
- ☐ 1 bell pepper green chopped
- ☐ 1.5 pounds ground beef lean
- ☐ 16 ounce macaroni
- ☐ 1 onion chopped

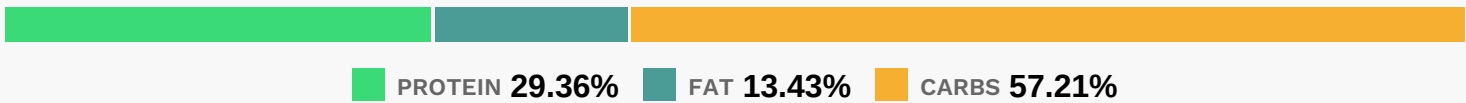
Equipment

- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain.
- ☐ In a Dutch oven, brown ground beef over medium heat.
- ☐ Add chopped onion, and cook until onion is soft.
- ☐ Add green pepper and tomato sauce; cook until pepper is soft.
- ☐ Serve sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:5.14, Inflammation Score:-8, Nutrition Score:31.963913057161%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 512.9kcal (25.64%), Fat: 7.69g (11.82%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 73.63g (24.54%), Net Carbohydrates: 66.46g (24.17%), Sugar: 13.03g (14.48%), Cholesterol: 70.31mg (23.44%), Sodium: 1379.68mg (59.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.8g (75.59%), Selenium: 69.25µg (98.92%), Manganese: 1.05mg (52.28%), Vitamin B3: 10.35mg (51.74%), Zinc: 7.5mg (49.99%), Phosphorus: 450.69mg (45.07%), Vitamin B6: 0.89mg (44.34%), Vitamin C: 36.49mg (44.23%), Vitamin B12: 2.54µg (42.34%), Potassium: 1436.33mg (41.04%), Iron: 6.42mg (35.66%), Copper: 0.64mg (32.06%), Vitamin E: 4.42mg (29.49%), Fiber: 7.18g (28.71%), Magnesium: 109.94mg (27.48%), Vitamin A: 1260.37IU (25.21%), Vitamin B2: 0.42mg (24.5%), Vitamin B5: 1.94mg (19.43%), Vitamin B1: 0.2mg (13.34%), Folate: 49.41µg (12.35%), Vitamin K: 9.63µg (9.17%), Calcium: 70.65mg (7.06%)