



Garden Veggies and Beef Salad

READY IN



35 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef lean
- 3.5 cups water hot
- 1 package beef pasta skillet meal
- 1 large garlic clove finely chopped
- 1 small head lettuce shredded
- 1 medium bell pepper green cut into 2-inch strips
- 1 medium onion red sliced
- 1 cup cherry tomatoes cut in half
- 0.5 cup salad dressing italian

0.5 teaspoon seasoning italian

Equipment

bowl

frying pan

Directions

Cook beef in 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain.

Stir in hot water, uncooked Pasta, Sauce

Mix and garlic.

Heat to boiling, stirring occasionally.

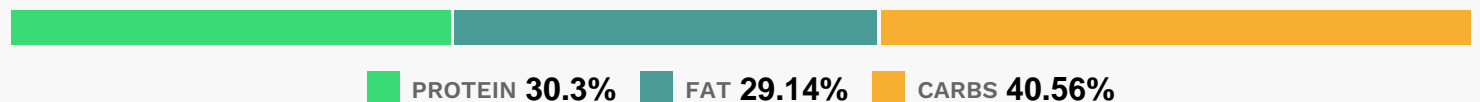
Reduce heat; cover and simmer 10 minutes, stirring occasionally. Uncover; simmer 5 minutes longer. Cool 5 minutes.

Mix remaining ingredients in large bowl.

Add beef mixture; toss.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:14.29652175696%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 264.46kcal (13.22%), Fat: 8.48g (13.05%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 24.21g (8.8%), Sugar: 6.69g (7.43%), Cholesterol: 46.87mg (15.62%), Sodium: 918.97mg

(39.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.69%), Vitamin C: 24.71mg (29.96%), Vitamin B3: 5.81mg (29.03%), Vitamin B12: 1.69µg (28.22%), Zinc: 4.06mg (27.06%), Vitamin K: 27.49µg (26.18%), Vitamin B6: 0.43mg (21.28%), Selenium: 13.89µg (19.85%), Phosphorus: 180.67mg (18.07%), Vitamin B1: 0.27mg (17.94%), Iron: 3mg (16.67%), Potassium: 522.63mg (14.93%), Vitamin B2: 0.24mg (13.87%), Vitamin A: 476.2IU (9.52%), Fiber: 2.36g (9.45%), Manganese: 0.17mg (8.59%), Magnesium: 29.4mg (7.35%), Folate: 28.54µg (7.14%), Copper: 0.14mg (6.95%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.61mg (6.13%), Calcium: 35.71mg (3.57%)