



Goulash I

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce regular corn canned
- ☐ 15 ounce kidney beans canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 3 cups extra wide egg noodles dry
- ☐ 6 servings garlic salt to taste
- ☐ 1 pound ground beef
- ☐ 6 servings ground pepper black to taste
- ☐ 1 medium onion chopped

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6 servings salt to taste

Equipment

☐

frying pan

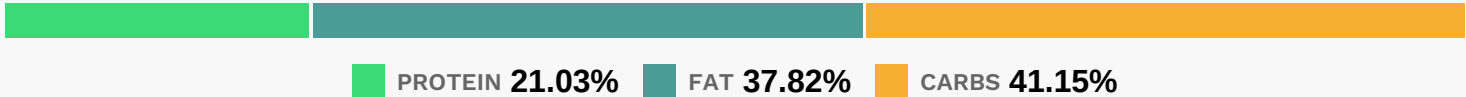
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pot

Directions

- ☐
- Bring a large pot of lightly salted water to a boil.
- ☐
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐
- In a large skillet, over medium heat, brown the ground beef and onion together.
- ☐
- Drain off the grease.
- ☐
- Add salt, pepper, and garlic salt to taste.
- ☐
- Stir in the corn, kidney beans, and tomato soup. Stir in the cooked egg noodles and mix thoroughly.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:12.2, Inflammation Score:-5, Nutrition Score:15.870869486228%

Flavonoids

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: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 415.94kcal (20.8%), Fat: 17.48g (26.89%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 37.51g (13.64%), Sugar: 6.63g (7.36%), Cholesterol: 69.64mg (23.21%), Sodium: 931.42mg (40.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Selenium: 28.71µg (41.02%), Phosphorus: 290.64mg (29.06%), Zinc: 4.29mg (28.58%), Vitamin B12: 1.67µg (27.88%), Manganese: 0.52mg (26.17%), Vitamin B3: 4.96mg (24.78%), Potassium: 830.59mg (23.73%), Fiber: 5.28g (21.12%), Vitamin B6: 0.41mg (20.39%), Iron: 3.22mg (17.89%), Magnesium: 62.06mg (15.51%), Folate: 53.28µg (13.32%), Copper: 0.26mg (13.14%), Vitamin B1: 0.18mg (12.03%), Vitamin B2: 0.2mg (11.76%), Vitamin C: 9.68mg (11.73%), Vitamin B5: 0.67mg (6.69%),

Vitamin K: 6.22μg (5.93%), Calcium: 53.73mg (5.37%), Vitamin A: 211.8IU (4.24%), Vitamin E: 0.57mg (3.81%)