

Goulash II



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



10.8 ounce cream of mushroom soup canned



10.5 ounce condensed vegetable soup canned



1 pound ground beef

Equipment

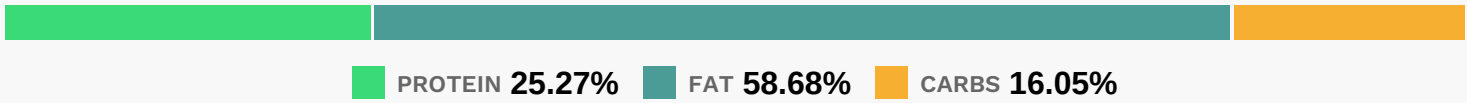


frying pan

Directions

- ☐
- In a large skillet over medium heat, cook the ground beef until evenly browned; drain.
- ☐
- Stir in condensed cream of mushroom soup and condensed vegetable soup. Cook for 10 to 15 minutes, stirring frequently, until gently boiling.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:3.84, Inflammation Score:-3, Nutrition Score:14.28043491944%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 383.62kcal (19.18%), Fat: 24.84g (38.21%), Saturated Fat: 9.7g (60.63%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.32g (5.21%), Sugar: 6.12g (6.81%), Cholesterol: 84.32mg (28.11%), Sodium: 896.71mg (38.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.12%), Vitamin B12: 2.55µg (42.48%), Zinc: 5.71mg (38.08%), Vitamin B3: 6.12mg (30.59%), Selenium: 19.24µg (27.49%), Potassium: 820.4mg (23.44%), Vitamin B6: 0.46mg (23.04%), Phosphorus: 224.33mg (22.43%), Iron: 3.17mg (17.62%), Manganese: 0.34mg (17.13%), Vitamin B2: 0.22mg (13.22%), Copper: 0.26mg (12.94%), Vitamin C: 9.6mg (11.64%), Magnesium: 35.03mg (8.76%), Vitamin B5: 0.71mg (7.14%), Vitamin B1: 0.1mg (6.35%), Vitamin A: 291.72IU (5.83%), Vitamin E: 0.72mg (4.79%), Vitamin K: 4.42µg (4.21%), Fiber: 0.97g (3.88%), Folate: 13.27µg (3.32%), Calcium: 33.13mg (3.31%)