

Goulash Supreme

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef lean
- ☐ 1.5 cups macaroni
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons paprika
- ☐ 1 quart stewed tomatoes

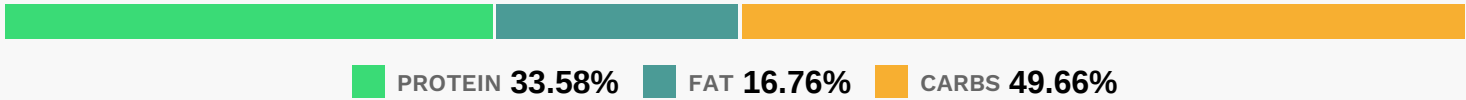
Equipment

☐ sauce pan

Directions

- ☐ In large saucepan brown ground chuck, drain.
- ☐ Add tomatoes, onions, garlic, paprika, chili powder, macaroni and tomato paste, if desired.
- ☐ Add water, a tablespoon at a time, if mixture seems too dry. Simmer until macaroni is tender.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:25.36956555947%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 380.53kcal (19.03%), Fat: 7.15g (11%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 42.67g (15.52%), Sugar: 10.48g (11.65%), Cholesterol: 70.31mg (23.44%), Sodium: 634.47mg (27.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.49%), Selenium: 46.71µg (66.73%), Zinc: 6.9mg (46.01%), Vitamin B3: 8.95mg (44.75%), Vitamin B12: 2.54µg (42.34%), Iron: 6.97mg (38.72%), Phosphorus: 362.35mg (36.24%), Vitamin B6: 0.64mg (31.86%), Potassium: 1063.91mg (30.4%), Manganese: 0.6mg (30.01%), Vitamin A: 1492.94IU (29.86%), Copper: 0.5mg (25.16%), Vitamin C: 20.43mg (24.76%), Vitamin E: 3.38mg (22.55%), Magnesium: 81.15mg (20.29%), Fiber: 5.03g (20.11%), Vitamin B2: 0.33mg (19.2%), Vitamin B1: 0.21mg (13.98%), Vitamin B5: 1.24mg (12.39%), Calcium: 113.76mg (11.38%), Vitamin K: 9.07µg (8.64%), Folate: 29.46µg (7.36%)