



Gourmet Beef-Noodle Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



655 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 4 oz mushrooms drained sliced canned
- ☐ 8 oz tomato sauce canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 8 oz wide egg noodles cooked
- ☐ 8 oz cream cheese softened
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 pound ground beef

- ☐ 0.3 cup onion chopped
- ☐ 2 teaspoons salt
- ☐ 2 cups cheddar cheese shredded divided
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 teaspoons sugar

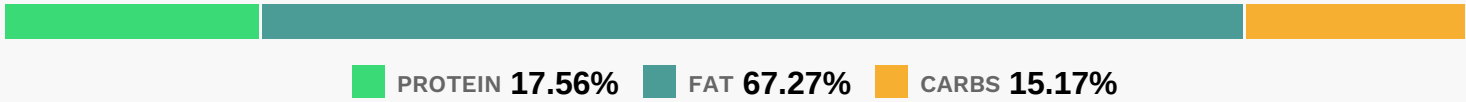
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown ground beef in a skillet over medium-high heat; drain.
- ☐ Add tomatoes, sauce, green pepper, mushrooms, garlic, salt, sugar, and wine or broth; cover and simmer over low heat 10 minutes.
- ☐ In a medium bowl, blend together cream cheese, sour cream, onion and one cup Cheddar cheese; set aside.
- ☐ In an ungreased 13"x9" baking pan, layer half the beef mixture, half the noodles and half the cheese mixture; repeat layers. Top with remaining Cheddar cheese.
- ☐ Bake, uncovered, at 350 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:54.02, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:22.352174250976%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 655.1kcal (32.75%), Fat: 49.59g (76.29%), Saturated Fat: 24.78g (154.89%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 22.01g (8%), Sugar: 9.82g (10.91%), Cholesterol: 163.1mg (54.37%), Sodium: 1629.77mg (70.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.26%), Selenium: 37.38µg (53.4%), Phosphorus: 443.29mg (44.33%), Calcium: 396.38mg (39.64%), Vitamin B12: 2.23µg (37.15%), Zinc: 5.55mg (36.98%), Vitamin B2: 0.51mg (30.11%), Vitamin A: 1488.96IU (29.78%), Vitamin B6: 0.52mg (26.12%), Vitamin B3: 5.18mg (25.89%), Vitamin C: 20.09mg (24.35%), Potassium: 730.38mg (20.87%), Iron: 3.34mg (18.53%), Manganese: 0.36mg (17.99%), Vitamin E: 2.58mg (17.19%), Copper: 0.34mg (16.82%), Magnesium: 63.08mg (15.77%), Vitamin B5: 1.47mg (14.69%), Fiber: 3.15g (12.59%), Vitamin B1: 0.16mg (10.68%), Folate: 39.47µg (9.87%), Vitamin K: 9.29µg (8.84%), Vitamin D: 0.38µg (2.51%)