



Greek Beef and Orzo

READY IN



23 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef lean
- ☐ 14.5 ounces canned tomatoes undrained canned
- ☐ 0.5 cup celery stalks sliced
- ☐ 0.5 cup soup noodles uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup yogurt plain low-fat

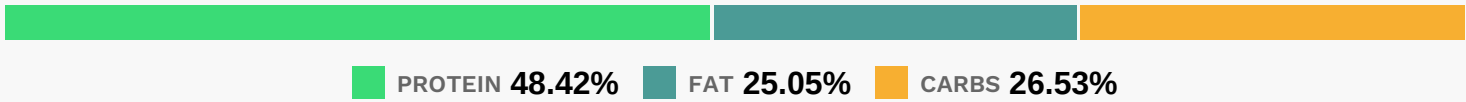
Equipment

☐ frying pan

Directions

- ☐ Cook beef in 10-inch skillet over medium-high about 6 minutes, stirring frequently, until brown; drain.
- ☐ Stir in remaining ingredients except yogurt.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 12 minutes, stirring frequently, until liquid is absorbed and pasta is tender.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.42, Inflammation Score:-5, Nutrition Score:18.569565161415%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 237.52kcal (11.88%), Fat: 6.59g (10.14%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 13.27g (4.82%), Sugar: 7.06g (7.84%), Cholesterol: 72.14mg (24.05%), Sodium: 533.21mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.3%), Vitamin B12: 2.71µg (45.19%), Zinc: 6.45mg (42.99%), Vitamin B3: 7.7mg (38.5%), Selenium: 26.16µg (37.37%), Phosphorus: 319.08mg (31.91%), Vitamin B6: 0.64mg (31.84%), Potassium: 817.25mg (23.35%), Iron: 4.19mg (23.3%), Vitamin B2: 0.31mg (18.49%), Copper: 0.31mg (15.31%), Manganese: 0.29mg (14.28%), Magnesium: 56.27mg (14.07%), Vitamin B5: 1.26mg (12.58%), Vitamin C: 10.19mg (12.35%), Vitamin E: 1.69mg (11.27%), Calcium: 108.18mg (10.82%), Vitamin B1: 0.15mg (9.79%), Fiber: 2.43g (9.71%), Vitamin K: 9.66µg (9.2%), Folate: 28.43µg (7.11%), Vitamin A: 345.27IU (6.91%)