



Greek Beef and Orzo (lighter)

READY IN



23 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef 90% (at least)
- ☐ 14.5 oz 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 fat free yoplait® (from 2-lb container)

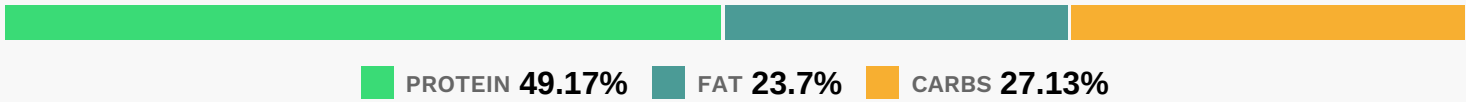
Equipment

☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, cook beef over medium-high heat 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:18.668260978616%

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: 235.38kcal (11.77%), Fat: 6.17g (9.49%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 13.46g (4.89%), Sugar: 7.26g (8.06%), Cholesterol: 70.92mg (23.64%), Sodium: 535.35mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.6%), Vitamin B12: 2.73µg (45.45%), Zinc: 6.47mg (43.15%), Vitamin B3: 7.7mg (38.51%), Selenium: 26.25µg (37.5%), Phosphorus: 323.07mg (32.31%), Vitamin B6: 0.64mg (31.9%), Potassium: 823.69mg (23.53%), Iron: 4.2mg (23.32%), Vitamin B2: 0.32mg (18.85%), Copper: 0.31mg (15.34%), Manganese: 0.29mg (14.3%), Magnesium: 56.88mg (14.22%), Vitamin B5: 1.27mg (12.73%), Vitamin C: 10.22mg (12.38%), Calcium: 113.08mg (11.31%), Vitamin E: 1.68mg (11.21%), Vitamin B1: 0.15mg (9.87%), Fiber: 2.43g (9.71%), Vitamin K: 9.66µg (9.2%), Folate: 28.73µg (7.18%), Vitamin A: 331.79IU (6.64%)