



Green Bean and Beef Pasta Supper

READY IN



30 min.

SERVINGS



5

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 2 cups water hot
- 1 cup milk
- 1 box beef pasta skillet meal
- 1 tablespoon dehydrated onion dried minced
- 1.5 cups green beans frozen
- 4.5 oz mushrooms drained sliced canned

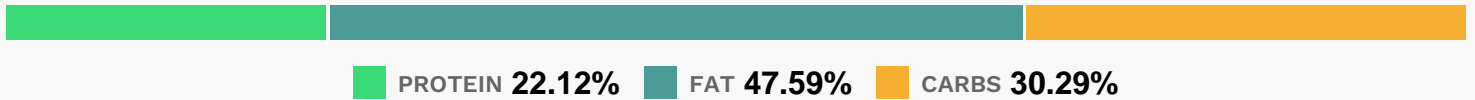
Equipment

frying pan

Directions

- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain.
- Stir in hot water, milk, sauce mix and uncooked pasta (from Hamburger Helper box), onion, frozen green beans and mushrooms.
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer 10 minutes, stirring occasionally.
- Remove from heat; uncover and let stand 5 minutes (sauce will thicken as it stands). Stir before serving.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:14.228260859199%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 387.05kcal (19.35%), Fat: 20.34g (31.3%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 26.57g (9.66%), Sugar: 6.34g (7.05%), Cholesterol: 70.27mg (23.42%), Sodium: 984.43mg (42.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.54%), Vitamin B12: 2.2µg (36.75%), Vitamin B3: 6.1mg (30.52%), Zinc: 4.28mg (28.56%), Selenium: 15.83µg (22.61%), Vitamin B1: 0.34mg (22.57%), Phosphorus: 225.03mg (22.5%), Vitamin B2: 0.34mg (20.13%), Vitamin B6: 0.4mg (20.04%), Iron: 3.02mg (16.77%), Vitamin K: 16.01µg (15.25%), Potassium: 495.4mg (14.15%), Fiber: 2.57g (10.28%), Calcium: 96.78mg (9.68%), Vitamin B5: 0.93mg (9.32%), Magnesium: 35.22mg (8.81%), Copper: 0.16mg (7.89%), Vitamin A: 306.94IU (6.14%), Manganese: 0.12mg (5.91%), Vitamin C: 4.78mg (5.79%), Folate: 21.96µg (5.49%), Vitamin D: 0.68µg (4.52%), Vitamin E: 0.54mg (3.57%)