



Ground Beef Curly Noodle

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 pound ground beef
- ☐ 3 ounce oriental ramen noodles flavored
- ☐ 10 ounce kernel corn whole canned

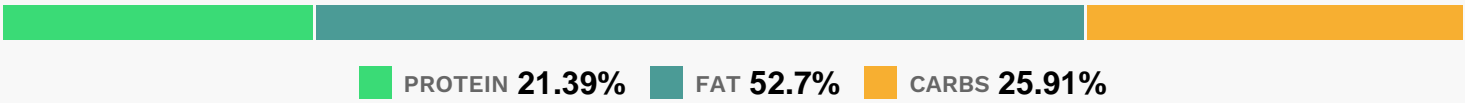
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat. Crumble in the ground beef, and cook until no longer pink, stirring frequently.
- ☐ Drain off grease.
- ☐ Stir in the flavor packet from the noodles, tomatoes, and corn (with their juices). Break up the noodles slightly, and add them to the skillet. Bring to a boil, then reduce heat to low, cover, and simmer for 10 minutes, or until noodles are tender. Stir occasionally to break up any clumps of noodles.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:8.21, Inflammation Score:-4, Nutrition Score:17.882608672847%

Nutrients (% of daily need)

Calories: 466.07kcal (23.3%), Fat: 27.3g (42.01%), Saturated Fat: 10.5g (65.65%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 27.76g (10.1%), Sugar: 4.86g (5.4%), Cholesterol: 80.51mg (26.84%), Sodium: 760.05mg (33.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Vitamin B12: 2.48µg (41.33%), Vitamin B3: 7.47mg (37.35%), Zinc: 5.4mg (35.98%), Selenium: 19.75µg (28.22%), Vitamin B6: 0.54mg (26.95%), Phosphorus: 266.41mg (26.64%), Iron: 4.54mg (25.25%), Vitamin B1: 0.36mg (23.68%), Potassium: 727.56mg (20.79%), Manganese: 0.35mg (17.3%), Vitamin B2: 0.29mg (16.88%), Folate: 65.88µg (16.47%), Copper: 0.32mg (15.81%), Vitamin E: 2.07mg (13.8%), Magnesium: 52.52mg (13.13%), Vitamin C: 10.72mg (13%), Fiber: 2.44g (9.77%), Vitamin B5: 0.91mg (9.14%), Vitamin K: 8.7µg (8.29%), Calcium: 62.94mg (6.29%), Vitamin A: 223.5IU (4.47%)