



Ground Beef Mexican Style

READY IN



40 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper green chopped
- ☐ 1 bunch green onions chopped
- ☐ 1 pound ground beef
- ☐ 1 cup salsa
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tomatoes chopped
- ☐ 0.5 cup water
- ☐ 8 ounce wide egg noodles

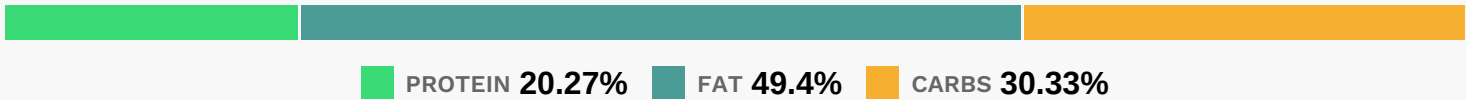
Equipment

☐ frying pan

Directions

- ☐ In a large nonstick skillet, cook and stir ground beef until browned.
- ☐ Drain off excess fat.
- ☐ Stir in salsa and water. Simmer for 10 minutes.
- ☐ Meanwhile, cook pasta in boiling water until al dente.
- ☐ Drain.
- ☐ Stir in green pepper and onions, and continue simmering until veggies are crisp/tender. Stir in noodles and sour cream.
- ☐ Sprinkle grated cheese on top, and cover pan until the cheese melts.
- ☐ Sprinkle chopped tomatoes on the top, and serve.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:17.54, Inflammation Score:-8, Nutrition Score:26.503478143526%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 652.57kcal (32.63%), Fat: 35.82g (55.11%), Saturated Fat: 15.03g (93.92%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 45.41g (16.51%), Sugar: 6.23g (6.92%), Cholesterol: 159.23mg (53.08%), Sodium: 620.44mg (26.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.13%), Selenium: 67.37µg (96.24%), Vitamin B12: 2.8µg (46.69%), Zinc: 6.69mg (44.59%), Phosphorus: 438.71mg (43.87%), Vitamin C: 30.75mg (37.28%), Vitamin B6: 0.72mg (35.98%), Vitamin B3: 7.1mg (35.52%), Manganese: 0.66mg (32.75%), Potassium: 800.53mg (22.87%), Vitamin A: 1093.84IU (21.88%), Vitamin K: 22.88µg (21.79%), Vitamin B2: 0.37mg

(21.72%), Iron: 3.87mg (21.48%), Calcium: 198.61mg (19.86%), Magnesium: 76.46mg (19.11%), Copper: 0.34mg (16.86%), Fiber: 4.07g (16.29%), Vitamin B5: 1.43mg (14.34%), Vitamin B1: 0.21mg (13.96%), Vitamin E: 1.99mg (13.28%), Folate: 43.1µg (10.77%), Vitamin D: 0.37µg (2.45%)