



Ground Beef Noodle Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 envelope brown gravy mix
- 8 ounces egg noodles cooked drained
- 0.5 teaspoon rosemary dried crushed
- 3 garlic clove minced
- 0.5 cup half and half
- 1.5 teaspoons seasoning italian
- 1 small onion diced
- 0.7 cup parmesan cheese divided grated
- 6 servings salt and pepper to taste

- 14 ounces pasta sauce
- 1 cup water cold

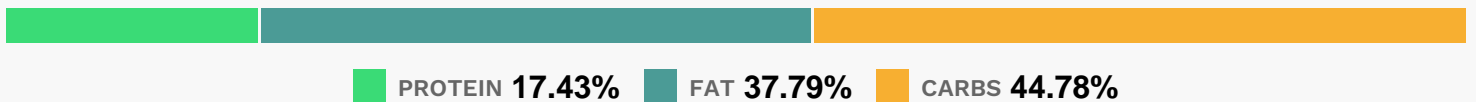
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a small bowl, combine gravy mix and water until smooth; set aside. In a large skillet, cook beef and onion over medium heat until meat is no longer pink.
- Add garlic; cook 1 minute longer.
- Drain.
- Add the spaghetti sauce, cream, seasonings and gravy; bring to a boil. Reduce heat; cover and simmer 15 minutes. Stir in the noodles and 1/3 cup cheese.
- Transfer to a greased 3-qt. baking dish; sprinkle with remaining cheese. Cover and bake at 350° for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:6.05, Inflammation Score:-5, Nutrition Score:7.3860870185106%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 149.56kcal (7.48%), Fat: 6.46g (9.93%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.32g (5.57%), Sugar: 3.88g (4.31%), Cholesterol: 27.69mg (9.23%), Sodium: 719.73mg

(31.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Selenium: 14.26µg (20.37%), Calcium: 148.39mg (14.84%), Phosphorus: 142.61mg (14.26%), Manganese: 0.27mg (13.26%), Vitamin A: 471IU (9.42%), Potassium: 287.36mg (8.21%), Vitamin E: 1.22mg (8.12%), Vitamin B2: 0.14mg (7.97%), Fiber: 1.89g (7.57%), Vitamin C: 6.16mg (7.47%), Vitamin B6: 0.14mg (6.96%), Copper: 0.14mg (6.9%), Magnesium: 27.08mg (6.77%), Zinc: 1.01mg (6.71%), Iron: 1.16mg (6.44%), Vitamin K: 5.48µg (5.22%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.22µg (3.71%), Folate: 13.34µg (3.34%), Vitamin B1: 0.05mg (3.04%)