



## Hamburger and Macaroni

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



811 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups macaroni gluten-free uncooked for version (use rice pasta or pasta )
- 1 Tbsp olive oil extra virgin
- 1 pound ground beef
- 1 onion mixed chopped (or green onion greens and yellow onion)
- 0.5 teaspoon lawry's seasoned salt
- 1 pinch pepper flakes
- 0.5 teaspoon celery seed
- 28 oz canned tomatoes diced canned

- 2 Tbsp worcestershire sauce
- 0.3 cup parsley fresh chopped
- 4 servings pepper black freshly ground to taste

## Equipment

- frying pan
- pot

## Directions

- Start cooking the pasta: Get a large pot of salted hot water (1 tablespoon of salt for 2 quarts of water) heating and begin cooking the macaroni as per the directions on the macaroni package.
- Brown the beef and onions: While the water is heating and macaroni cooking, prepare the sauce. In a skillet, brown the ground beef in a tablespoon of olive oil on high heat. Stir only infrequently so that the ground beef has an opportunity to brown.
- When the beef has mostly browned, add the onions to the pan and toss to combine. Cook until the onions are soft, about 4-6 minutes.
- Add seasonings, tomatoes:
- Add the celery seed, a dash of crushed red pepper and seasoned salt.
- Pour in canned tomatoes, add the Worcestershire sauce and stir to combine. Simmer for 5 minutes.
- Add cooked pasta: Reserve a half cup of the pasta cooking water.
- Mix in the drained and cooked macaroni and the parsley. Cook for another 5 minutes.
- Add in some of the pasta water if the dish is too dry.
- Add freshly ground black pepper and salt to taste.

## Nutrition Facts



**PROTEIN 16.42%** **FAT 32.74%** **CARBS 50.84%**

## Properties

Glycemic Index:43.5, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:24.760434803755%

## Flavonoids

Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 810.81kcal (40.54%), Fat: 30.09g (46.29%), Saturated Fat: 10.36g (64.77%), Carbohydrates: 105.13g (35.04%), Net Carbohydrates: 98.56g (35.84%), Sugar: 10.8g (11.99%), Cholesterol: 80.51mg (26.84%), Sodium: 807.89mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.93%), Vitamin K: 76.56µg (72.91%), Vitamin B12: 2.43µg (40.45%), Iron: 7.16mg (39.76%), Vitamin B3: 7.37mg (36.85%), Zinc: 5.4mg (35.99%), Vitamin B6: 0.7mg (35.21%), Vitamin C: 26.79mg (32.47%), Potassium: 1022.28mg (29.21%), Selenium: 18.42µg (26.32%), Fiber: 6.57g (26.29%), Phosphorus: 259.55mg (25.96%), Copper: 0.47mg (23.55%), Vitamin E: 3.5mg (23.3%), Manganese: 0.45mg (22.44%), Vitamin B2: 0.29mg (17.31%), Magnesium: 66.03mg (16.51%), Vitamin A: 752.88IU (15.06%), Vitamin B1: 0.22mg (14.7%), Vitamin B5: 1.17mg (11.72%), Calcium: 113.59mg (11.36%), Folate: 45.44µg (11.36%)