



Hamburger and Macaroni

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



25 min.

SERVINGS



4

CALORIES



811 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 oz canned tomatoes diced canned
- 0.5 teaspoon celery seed
- 1 pinch pepper flakes
- 0.3 cup parsley fresh chopped
- 2 cups macaroni gluten-free uncooked for version (use rice pasta or pasta)
- 1 pound ground beef
- 1 Tbsp olive oil
- 4 servings pepper black freshly ground to taste

- 2 Tbsp worcestershire sauce
- 1 onion mixed chopped (or green onion greens and yellow onion)

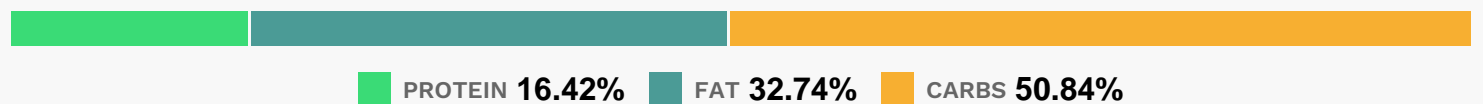
Equipment

- frying pan
- pot

Directions

- Get a large pot of hot water heating and begin cooking the macaroni as per the directions on the macaroni package. 2 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. 3
- Add the celery seed, a dash of crushed red pepper and the Vegesal or other seasoned salt.
- Pour in canned tomatoes, add the Worcestershire sauce and stir to combine. Simmer for 5 minutes.
- Mix in the drained and cooked macaroni and the parsley. Cook for another 5 minutes.
- Add freshly ground black pepper and salt to taste.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:24.757391463155%

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: 517.2mg (22.49%), 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 (39.75%), Vitamin B3: 7.37mg (36.85%), Zinc: 5.4mg (35.99%), Vitamin B6: 0.7mg (35.21%), Vitamin C: 26.79mg (32.47%), Potassium: 1022.22mg (29.21%), Selenium: 18.42µg (26.32%), Fiber: 6.57g (26.29%), Phosphorus: 259.55mg (25.96%), Copper: 0.47mg (23.54%), Vitamin E: 3.5mg (23.3%), Manganese: 0.45mg (22.41%), 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%), Folate: 45.44µg (11.36%), Calcium: 113.41mg (11.34%)