



## Hamburger Casserole

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce canned tomatoes diced peeled canned
- 1 stalk celery chopped
- 15 ounce chili canned
- 8 ounces extra wide egg noodles
- 1 pound ground beef
- 1 onion chopped
- 0.3 cup salsa
- 1 ounce taco seasoning

15 ounce kernel corn whole drained canned

## Equipment

frying pan

sauce pan

oven

baking pan

## Directions

Preheat oven to 250 degrees F (120 degrees C).

In a large skillet over medium heat, combine the ground beef, onion and celery and saute for 10 minutes, or until the meat is browned and the onion is tender.

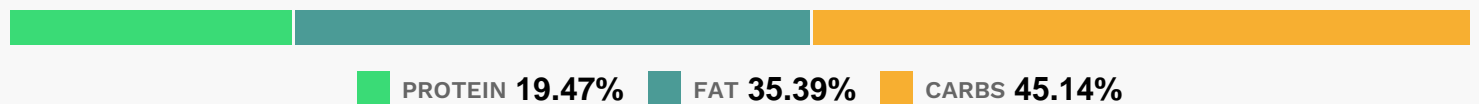
Drain the fat and set aside.

In a separate saucepan, cook noodles according to package directions. When cooked, drain the water and stir in the meat mixture, chili, tomatoes, corn, taco sauce and taco seasoning mix.

Mix well and place entire mixture into a 10x15 baking dish.

Bake at 250 degrees F (120 degrees C) for 20 minutes, or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:15.45, Inflammation Score:-9, Nutrition Score:25.683913075406%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 460.18kcal (23.01%), Fat: 18.37g (28.25%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 47.59g (17.31%), Sugar: 9.65g (10.72%), Cholesterol: 85.43mg (28.48%), Sodium: 729.27mg (31.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.73g (45.46%), Vitamin C: 113.25mg (137.27%), Selenium: 42.11µg (60.15%), Vitamin B6: 0.83mg (41.66%), Manganese: 0.67mg (33.56%), Vitamin B3: 6.43mg (32.12%), Phosphorus: 302.38mg (30.24%), Zinc: 4.51mg (30.1%), Vitamin B12: 1.73µg (28.79%), Vitamin A: 1371IU (27.42%), Potassium: 879.56mg (25.13%), Iron: 4.38mg (24.32%), Copper: 0.41mg (20.68%), Fiber: 5.11g (20.46%), Magnesium: 76.77mg (19.19%), Folate: 68.33µg (17.08%), Vitamin K: 17.58µg (16.75%), Vitamin B2: 0.27mg (15.61%), Vitamin B1: 0.22mg (14.9%), Vitamin E: 1.95mg (12.99%), Vitamin B5: 1.12mg (11.18%), Calcium: 71.39mg (7.14%), Vitamin D: 0.19µg (1.26%)