

Hamburger Goulash

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce tomato sauce canned
- 1.5 cups corn kernels frozen
- 0.5 teaspoon basil dried
- 1 cup elbow macaroni
- 1 teaspoon garlic salt
- 15 ounce cut green beans drained canned
- 1 teaspoon ground pepper black
- 1 pound ground beef lean

- 0.3 cup onion sliced
- 4 potatoes cubed peeled
- 1 teaspoon salt

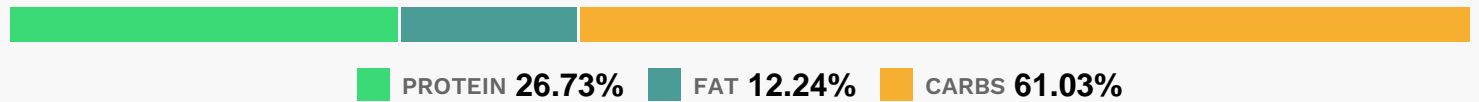
Equipment

- frying pan

Directions

- Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble, and set aside.
- Add all ingredients (except noodles) to browned ground meat and simmer for 1 hour, then add noodles.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:15.77, Inflammation Score:-7, Nutrition Score:19.704348019932%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 278.07kcal (13.9%), Fat: 3.87g (5.96%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 37.47g (13.62%), Sugar: 6.63g (7.37%), Cholesterol: 35.15mg (11.72%), Sodium: 961.51mg (41.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.05%), Vitamin C: 32.3mg (39.15%), Vitamin B6: 0.71mg (35.54%), Selenium: 22.13µg (31.61%), Manganese: 0.59mg (29.28%), Potassium: 1017.1mg (29.06%), Vitamin B3: 5.81mg (29.03%), Vitamin K: 28.16µg (26.82%), Phosphorus: 257.71mg (25.77%), Zinc: 3.81mg (25.4%), Fiber: 5.98g (23.9%), Vitamin B12: 1.27µg (21.17%), Iron: 3.68mg (20.44%), Magnesium: 73.42mg (18.36%), Copper: 0.33mg (16.42%), Vitamin B2: 0.26mg (15.17%), Folate: 58.23µg (14.56%), Vitamin B1: 0.2mg (13.03%), Vitamin A: 630.18IU (12.6%), Vitamin B5: 1.17mg (11.69%), Vitamin E: 1.26mg (8.41%), Calcium: 54.1mg (5.41%)