




Hamburger Hot Dish


 Dairy Free

READY IN




50 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces gravy
- 15 ounces tomato sauce canned
- 28 ounces tomatoes diced undrained canned
- 2 cups elbow macaroni uncooked
- 1 teaspoon garlic powder
- 2 pounds ground beef
- 0.5 cup onion chopped

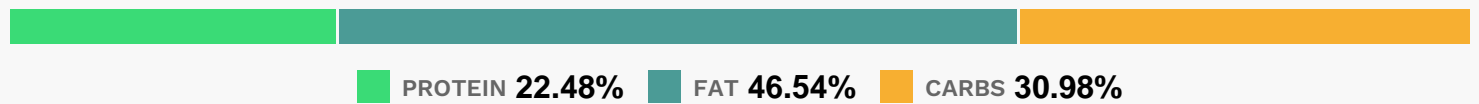
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook macaroni according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the tomatoes, tomato sauce, gravy, onion and garlic powder.
- Drain macaroni; add to beef mixture.
- Transfer to a greased shallow 3-qt. baking dish.
- Bake, uncovered, at 350° for 25-30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:18.694782702819%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 470.61kcal (23.53%), Fat: 24.23g (37.27%), Saturated Fat: 9.2g (57.52%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.18g (12.07%), Sugar: 6.34g (7.04%), Cholesterol: 83.91mg (27.97%), Sodium: 667.31mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.67%), Selenium: 39.69µg (56.7%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.52mg (36.78%), Vitamin B3: 6.64mg (33.18%), Vitamin B6: 0.6mg (29.82%), Phosphorus: 282.98mg (28.3%), Manganese: 0.48mg (24.11%), Iron: 4.17mg (23.17%), Potassium: 747.71mg (21.36%), Vitamin C: 13.69mg (16.6%), Vitamin B2: 0.28mg (16.54%), Copper: 0.31mg (15.29%), Magnesium: 58mg (14.5%), Vitamin E: 1.95mg (12.99%), Fiber: 3.11g (12.45%), Vitamin B5: 1.02mg (10.17%), Vitamin B1: 0.14mg (9.59%), Folate: 29.04µg (7.26%), Vitamin A: 346.45IU (6.93%), Calcium: 68.56mg (6.86%), Vitamin K: 6.48µg (6.17%)