



Hamburger Sauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6.5 ounce tomato sauce canned
- 10.8 ounce condensed tomato soup canned
- 15 ounce green beans drained canned
- 1 pound ground beef
- 4 servings salt and ground pepper black to taste
- 0.3 cup sugar white

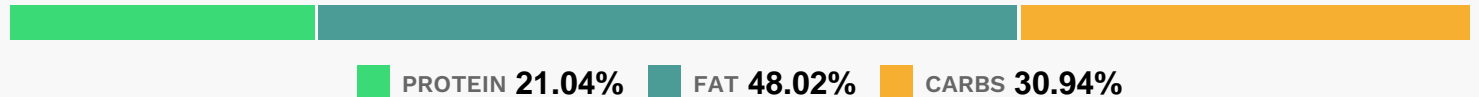
Equipment

- frying pan

Directions

- Place the ground beef into a skillet over medium heat, and cook until the beef is browned, breaking it up into crumbles as it cooks, about 10 minutes.
- Pour off the grease, and stir in green beans, tomato sauce, tomato soup, and sugar until the sugar has dissolved. Reduce heat to medium-low, and simmer for 30 minutes; season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:57.4, Glycemic Load:15.54, Inflammation Score:-8, Nutrition Score:21.453043512676%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 430.7kcal (21.54%), Fat: 23.43g (36.05%), Saturated Fat: 8.86g (55.39%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 29.54g (10.74%), Sugar: 23.85g (26.5%), Cholesterol: 80.51mg (26.84%), Sodium: 588.1mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Vitamin K: 51.65µg (49.19%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.24mg (34.91%), Vitamin B3: 6.68mg (33.43%), Vitamin C: 26.02mg (31.54%), Vitamin B6: 0.63mg (31.36%), Potassium: 1097.08mg (31.35%), Selenium: 20.29µg (28.99%), Phosphorus: 255.78mg (25.58%), Vitamin A: 1232.23IU (24.64%), Iron: 4.2mg (23.35%), Manganese: 0.41mg (20.43%), Vitamin B2: 0.32mg (18.96%), Fiber: 4.42g (17.7%), Magnesium: 63.6mg (15.9%), Vitamin E: 1.82mg (12.16%), Vitamin B1: 0.18mg (11.94%), Folate: 47.18µg (11.8%), Copper: 0.24mg (11.79%), Vitamin B5: 0.95mg (9.52%), Calcium: 76.67mg (7.67%)