

Hamburger Tomato Mix

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

READY IN



20 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 ounce tomatoes diced with juice peeled canned
- 1 pound ground beef
- 1.5 cups corn whole drained

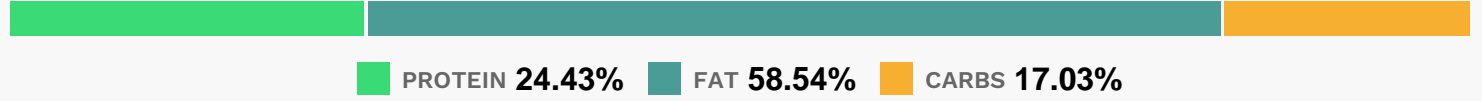
Equipment

- frying pan

Directions

- In a large skillet over medium high heat, saute the ground beef for 10 minutes, or until well browned.
- Drain excess fat.
- Add the tomatoes and the corn and mix well. Reduce heat to medium low and allow to simmer, uncovered, for 10 minutes, or until all vegetables are heated through. Season to taste.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:10.956956386566%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 243.06kcal (12.15%), Fat: 15.83g (24.36%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 8.99g (3.27%), Sugar: 3.26g (3.62%), Cholesterol: 53.68mg (17.89%), Sodium: 307.72mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.73%), Vitamin B12: 1.62µg (26.96%), Zinc: 3.46mg (23.05%), Vitamin B3: 4.46mg (22.32%), Vitamin B6: 0.4mg (19.81%), Selenium: 11.48µg (16.4%), Vitamin C: 13.38mg (16.22%), Phosphorus: 160.86mg (16.09%), Iron: 2.88mg (15.99%), Potassium: 505.22mg (14.43%), Vitamin B2: 0.19mg (11.35%), Vitamin E: 1.24mg (8.28%), Magnesium: 32.05mg (8.01%), Copper: 0.15mg (7.61%), Folate: 27.13µg (6.78%), Manganese: 0.13mg (6.7%), Vitamin B1: 0.1mg (6.65%), Calcium: 56.83mg (5.68%), Fiber: 1.37g (5.48%), Vitamin B5: 0.54mg (5.41%), Vitamin K: 5.33µg (5.08%), Vitamin A: 160.32IU (3.21%)