



Haviland Glop

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce condensed vegetable soup canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 8 ounce extra wide egg noodles dry
- ☐ 8 servings ground pepper black to taste
- ☐ 1 pound ground beef lean
- ☐ 8 slices processed american cheese
- ☐ 8 servings salt to taste

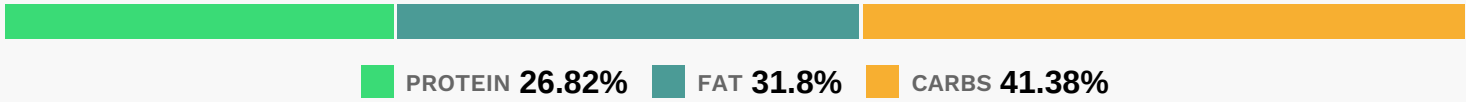
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add dry egg noodles and cook for 8 to 10 minutes, or until al dente; drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium heat, brown the ground beef; drain fat. Stir in tomato and vegetable soups, salt and pepper.
- ☐ Mix in the noodles and cook for 10 minutes.
- ☐ Transfer mixture to an 11x7 inch baking dish and layer with cheese.
- ☐ Bake in the preheated oven 20 minutes, or until cheese is melted and lightly brown.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.58, Inflammation Score:-5, Nutrition Score:15.140869607096%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 314.4kcal (15.72%), Fat: 11.1g (17.08%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 30.72g (11.17%), Sugar: 7.21g (8.01%), Cholesterol: 79.97mg (26.66%), Sodium: 871.99mg (37.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.14%), Selenium: 38.71µg (55.3%), Phosphorus: 338.7mg (33.87%), Vitamin B12: 1.67µg (27.79%), Zinc: 4.09mg (27.27%), Calcium: 244.83mg (24.48%), Vitamin B3: 4.37mg (21.87%), Potassium: 717.65mg (20.5%), Manganese: 0.37mg (18.69%), Vitamin B6: 0.36mg (17.99%), Iron: 2.48mg (13.76%), Vitamin C: 9.71mg (11.77%), Magnesium: 45.1mg (11.27%), Vitamin B2: 0.18mg (10.44%), Vitamin A: 511.76IU (10.24%), Copper: 0.18mg (8.83%), Fiber: 1.79g (7.16%), Vitamin B5: 0.71mg (7.09%), Vitamin B1: 0.11mg (7.09%), Vitamin E: 0.69mg (4.59%), Vitamin K: 3.43µg (3.27%), Folate: 12.75µg (3.19%), Vitamin D: 0.27µg (1.78%)