



Hunts® Beef and Mushroom Bolognese

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



286 kcal

SAUCE

Ingredients

- 8 ounce mushrooms fresh sliced
- 0.5 teaspoon garlic salt
- 1 pound ground round
- 6 ounces soup noodles dry uncooked
- 3 tablespoons tomato paste
- 29 ounce tomatoes diced with fennel & red pepper, undrained canned
- 0.8 cup onion yellow chopped

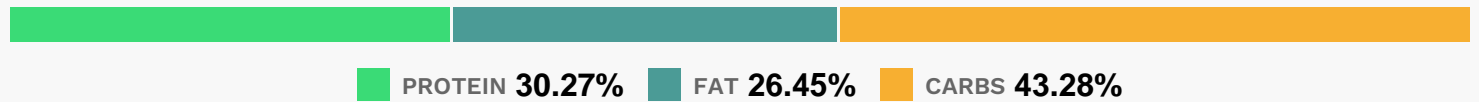
Equipment

frying pan

Directions

- Cook pasta according to package directions, omitting salt.
- Meanwhile, spray large skillet with cooking spray; heat over medium-high heat.
- Add beef, onion and garlic salt; cook 5 to 6 minutes or until beef is crumbled and no longer pink, stirring occasionally.
- Remove and discard all but 1 tablespoon drippings from skillet.
- Add mushrooms and tomato paste. Cook 2 to 3 minutes or until mushrooms are tender.
- Add undrained tomatoes; reduce heat and simmer 5 minutes. Stir in cooked pasta; simmer 2 minutes more or until hot.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:11.13, Inflammation Score:-8, Nutrition Score:19.020869576413%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 285.77kcal (14.29%), Fat: 8.45g (13%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 27.51g (10.01%), Sugar: 6.93g (7.7%), Cholesterol: 49.14mg (16.38%), Sodium: 318.13mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.51%), Selenium: 34.51µg (49.29%), Vitamin B3: 6.76mg (33.82%), Zinc: 4.54mg (30.24%), Vitamin B12: 1.69µg (28.1%), Vitamin C: 22.8mg (27.63%), Phosphorus: 270.52mg (27.05%), Vitamin B6: 0.51mg (25.47%), Vitamin A: 1263.8IU (25.28%), Potassium: 861.2mg (24.61%), Manganese: 0.49mg (24.6%), Vitamin B2: 0.33mg (19.45%), Copper: 0.37mg (18.73%), Iron: 2.9mg (16.13%), Fiber: 3.6g (14.39%), Magnesium: 53.98mg (13.5%), Vitamin B5: 1.3mg (12.96%), Vitamin K: 12.45µg (11.86%), Folate: 41.38µg (10.34%), Vitamin B1: 0.15mg (10.17%), Vitamin E: 1.36mg (9.1%), Calcium: 37.46mg (3.75%), Vitamin D: 0.15µg (1.01%)