

Husband's Delight

READY IN



45 min.

SERVINGS



6

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with juice peeled canned
- ☐ 3 ounces cream cheese
- ☐ 10 ounces extra wide egg noodles
- ☐ 1.5 pounds ground beef
- ☐ 0.5 onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 1 tablespoon sugar white

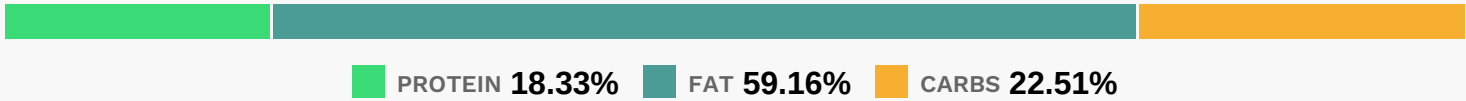
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large skillet over medium heat, brown the ground beef.
- ☐ Add the tomatoes with juice, salt and sugar and simmer for 15 minutes.
- ☐ In a separate medium bowl, combine the sour cream, cream cheese and onion and mix well. In a 9x13 inch baking dish, place half of the egg noodles, then all of the meat mixture, then the cream mixture. Top with the remaining noodles and sprinkle with the cheese.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:16.05, Inflammation Score:-7, Nutrition Score:20.986087228941%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 721.14kcal (36.06%), Fat: 47.23g (72.66%), Saturated Fat: 21.55g (134.68%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 38.71g (14.08%), Sugar: 5.83g (6.48%), Cholesterol: 187.28mg (62.43%), Sodium: 659.37mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.85%), Selenium: 62.98µg (89.97%), Vitamin B12: 2.92µg (48.59%), Zinc: 6.62mg (44.11%), Phosphorus: 440.82mg (44.08%), Vitamin B3: 5.87mg (29.36%), Vitamin B6: 0.52mg (26.19%), Vitamin B2: 0.43mg (25.03%), Calcium: 244.29mg (24.43%), Manganese: 0.44mg (21.9%), Iron: 3.21mg (17.82%), Potassium: 540.05mg (15.43%), Vitamin A: 766.78IU (15.34%), Magnesium: 59.72mg (14.93%), Vitamin B5: 1.36mg (13.63%), Copper: 0.23mg (11.63%), Vitamin B1: 0.15mg (10.23%), Folate: 32.06µg (8.02%), Vitamin E: 1.12mg (7.49%), Fiber: 1.72g (6.86%), Vitamin K: 3.93µg (3.74%), Vitamin D: 0.37µg (2.45%), Vitamin C: 1.2mg (1.45%)