



Italian Mushroom Skillet

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef
- 0.5 cup onion chopped
- 5 ounces mushrooms sliced
- 2 cloves garlic finely chopped
- 14 ounces tomato sauce canned
- 4 ounces shells uncooked
- 1.5 cups water
- 1 teaspoon sugar

- 1 teaspoon seasoning italian
- 3 ounces highest available proof grain spirit shredded italian-style

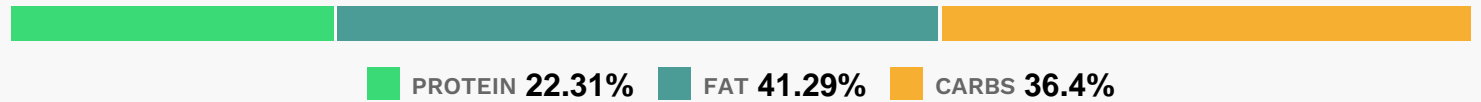
Equipment

- frying pan

Directions

- Cook beef, onion, mushrooms and garlic in 12-inch skillet over medium heat, stirring occasionally, until beef is brown; drain.
- Stir in pizza sauce, pasta, water, sugar and Italian seasoning.
- Heat to boiling; reduce heat.
- Cover and simmer about 20 minutes, stirring frequently, until pasta is tender.
- Sprinkle with cheese. Cover and simmer about 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:51.18, Glycemic Load:13.27, Inflammation Score:-5, Nutrition Score:15.572608774123%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 344.09kcal (17.2%), Fat: 15.87g (24.42%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 31.48g (10.49%), Net Carbohydrates: 28.38g (10.32%), Sugar: 4.94g (5.48%), Cholesterol: 53.68mg (17.89%), Sodium: 371.25mg (16.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.59%), Selenium: 26.5µg (37.86%), Zinc: 4.59mg (30.59%), Vitamin B3: 6.02mg (30.09%), Vitamin B12: 1.63µg (27.12%), Phosphorus: 260.61mg (26.06%), Manganese: 0.5mg (25.09%), Vitamin B6: 0.45mg (22.39%), Vitamin B2: 0.3mg (17.94%), Potassium: 606.07mg (17.32%), Copper: 0.35mg (17.3%), Iron: 2.91mg (16.17%), Magnesium: 63.08mg (15.77%), Fiber: 3.1g (12.41%), Vitamin B5: 1.2mg (11.97%), Vitamin E: 1.47mg (9.77%), Folate: 35.48µg (8.87%), Vitamin C: 6.43mg (7.8%), Vitamin B1: 0.11mg (7.3%), Vitamin A: 295.14IU (5.9%), Vitamin K: 5.64µg (5.38%), Calcium: 42.5mg (4.25%)