



Italian Stew with Spinach Dumplings

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 26 oz pasta sauce
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 1 cup water
- ☐ 0.3 cup spinach frozen thawed chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup milk
- ☐ 2 cups frangelico bisquick heart smart®

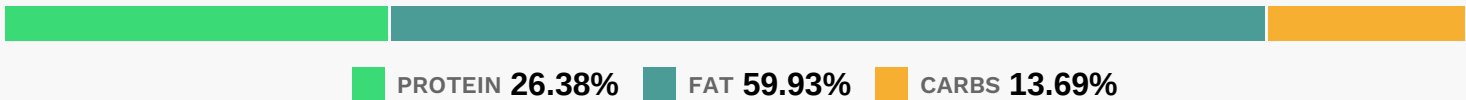
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook beef over medium heat, stirring occasionally, until thoroughly cooked; drain. Stir in spaghetti sauce, mushrooms and water.
- ☐ Heat to boiling; reduce heat.
- ☐ In medium bowl, mix Bisquick mix, spinach, cheese and milk until soft dough forms. Drop dough by 10 spoonfuls onto hot spaghetti mixture.
- ☐ Cook uncovered over low heat 10 minutes. Cover; cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:3.93, Inflammation Score:-9, Nutrition Score:23.911739390829%

Nutrients (% of daily need)

Calories: 386.71kcal (19.34%), Fat: 26.12g (40.19%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 10.07g (3.66%), Sugar: 8.73g (9.7%), Cholesterol: 89.61mg (29.87%), Sodium: 1082.16mg (47.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Vitamin B12: 2.69µg (44.81%), Vitamin K: 43.67µg (41.59%), Vitamin A: 2044.65IU (40.89%), Vitamin B3: 7.86mg (39.29%), Zinc: 5.77mg (38.45%), Selenium: 24.43µg (34.9%), Phosphorus: 331.56mg (33.16%), Vitamin B6: 0.62mg (31.02%), Potassium: 1045.87mg (29.88%), Vitamin B2: 0.5mg (29.49%), Iron: 4.34mg (24.12%), Vitamin E: 3.45mg (23.01%), Copper: 0.41mg (20.44%), Vitamin B5: 1.76mg (17.59%), Vitamin C: 14.1mg (17.1%), Magnesium: 63.54mg (15.89%), Calcium: 154.28mg (15.43%), Manganese: 0.3mg (14.93%), Fiber: 3.37g (13.46%), Folate: 44.46µg (11.11%), Vitamin B1: 0.15mg (9.78%), Vitamin D: 0.54µg (3.63%)