



Johnny Marzetti I

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans canned
- 28 ounce canned tomatoes crushed canned
- 1 cup celery chopped
- 0.5 pound mushrooms fresh sliced
- 1 bell pepper green chopped
- 1 pound ground beef lean
- 2 onions chopped
- 1 cup cheddar cheese shredded
- 16 ounce wide egg noodles

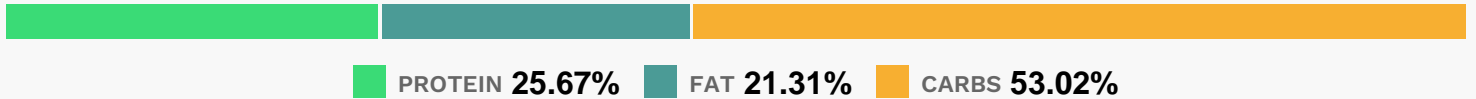
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Cook noodles in a large pot of boiling water until done.
- Drain.
- Brown meat in a large skillet.
- Add onions, pepper, mushrooms, and celery; cook until soft.
- Combine hamburger mixture with tomatoes, beans, and cooked noodles in a 3 - 4 quart baking dish.
- Bake at 350 degrees F (175 degrees C) for 30 minutes. Top with cheddar cheese, and bake 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:30.12, Inflammation Score:-8, Nutrition Score:34.56086973522%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 599.76kcal (29.99%), Fat: 14.39g (22.14%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 80.57g (26.86%), Net Carbohydrates: 70.2g (25.53%), Sugar: 11.62g (12.91%), Cholesterol: 129.21mg (43.07%), Sodium:

562.43mg (24.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.01g (78.01%), Selenium: 83.4µg (119.14%), Manganese: 1.21mg (60.54%), Phosphorus: 586.74mg (58.67%), Zinc: 7.09mg (47.29%), Vitamin B3: 9.27mg (46.37%), Vitamin B6: 0.87mg (43.4%), Fiber: 10.37g (41.49%), Vitamin C: 32.71mg (39.65%), Copper: 0.79mg (39.44%), Potassium: 1284.65mg (36.7%), Vitamin B12: 2.13µg (35.46%), Iron: 6.24mg (34.66%), Vitamin B2: 0.57mg (33.3%), Magnesium: 124.19mg (31.05%), Vitamin B1: 0.4mg (26.78%), Calcium: 250.23mg (25.02%), Vitamin B5: 2.38mg (23.85%), Folate: 86.72µg (21.68%), Vitamin K: 17.52µg (16.69%), Vitamin E: 2.43mg (16.2%), Vitamin A: 669.72IU (13.39%), Vitamin D: 0.49µg (3.27%)