



Kicked-Up Goulash

READY IN



35 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup corn kernels canned drained
- 2.5 cups elbow macaroni
- 0.8 pound ground beef
- 1.5 teaspoons penzey's southwest seasoning italian to taste
- 0.3 cup cheddar-monterey jack cheese blend shredded
- 1 cup pearl onions frozen
- 4 servings salt to taste
- 26 ounce chunky spaghetti sauce del monte® (such as)

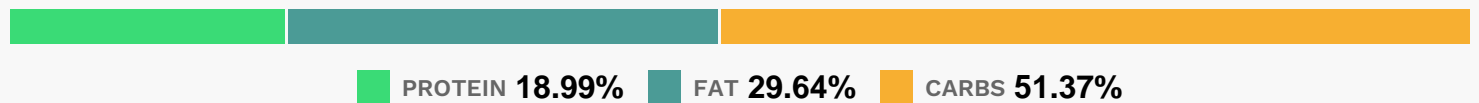
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- Drain. Return drained macaroni to the pot.
- Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until partially browned, 3 to 5 minutes; add pearl onions, corn, and Italian seasoning. Continue to cook and stir until the beef is no longer pink, about 2 minutes.
- Place a cover on the skillet and cook until the onions are heated through, 3 to 5 minutes.
- Drain and discard excess fat.
- Add beef mixture to macaroni.
- Pour spaghetti sauce over the beef and pasta; stir to coat.
- Heat over medium-low heat, stirring occasionally, until hot, about 5 minutes.
- Season pasta mixture with salt and more Italian seasoning, as needed; top with Cheddar-Monterey Jack cheese blend to serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.41, Inflammation Score:-8, Nutrition Score:28.167826048706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

Nutrients (% of daily need)

Calories: 673.11kcal (33.66%), Fat: 22.33g (34.35%), Saturated Fat: 8.78g (54.87%), Carbohydrates: 87.09g (29.03%), Net Carbohydrates: 79.38g (28.87%), Sugar: 13.3g (14.78%), Cholesterol: 68.77mg (22.92%), Sodium: 1272.57mg (55.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.19g (64.38%), Selenium: 71.1µg (101.58%), Manganese: 1.17mg (58.5%), Phosphorus: 428.44mg (42.84%), Zinc: 5.73mg (38.19%), Vitamin B3: 7.43mg (37.15%), Vitamin B6: 0.68mg (34.05%), Potassium: 1129.64mg (32.28%), Vitamin B12: 1.9µg (31.64%), Fiber: 7.71g (30.83%), Iron: 5.14mg (28.54%), Copper: 0.56mg (28.06%), Magnesium: 104.29mg (26.07%), Vitamin B2: 0.39mg (23.02%), Vitamin E: 3.31mg (22.06%), Vitamin C: 17.95mg (21.76%), Vitamin A: 902.7IU (18.05%), Folate: 68.17µg (17.04%), Vitamin B5: 1.62mg (16.18%), Calcium: 156.66mg (15.67%), Vitamin B1: 0.2mg (13.64%), Vitamin K: 11.91µg (11.35%)