



Linguine with Savory Meat Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 4 large carrots diced
- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned Regular or
- ☐ 16 ounce pasta cooked drained
- ☐ 3 tablespoons basil leaves fresh thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 1 large onion minced
- ☐ 6 servings parmesan cheese grated

☐ 0.5 cup water

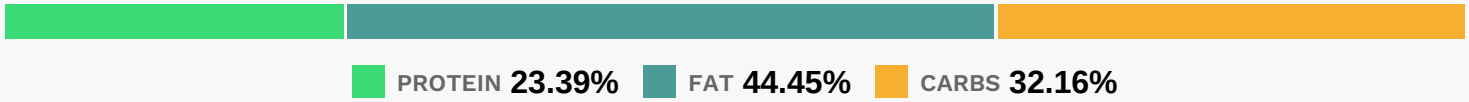
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the beef, onion, carrots and garlic in a 12-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat.
- ☐ Pour off any fat.
- ☐ Stir the tomatoes with juice, soup and water in the skillet and heat to a boil. Reduce the heat to low. Cook for 15 minutes, stirring occasionally. Stir in the basil.
- ☐ Place the linguine into a large bowl.
- ☐ Add the beef mixture and toss to coat.
- ☐ Serve with the cheese.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:14.2, Inflammation Score:-10, Nutrition Score:25.569565275441%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 522.07kcal (26.1%), Fat: 25.79g (39.67%), Saturated Fat: 11.25g (70.3%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 37.41g (13.6%), Sugar: 6.81g (7.56%), Cholesterol: 82.31mg (27.44%), Sodium: 1062.28mg (46.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Vitamin A: 8479.02IU (169.58%), Selenium: 42.53µg (60.75%), Phosphorus: 416.29mg (41.63%), Zinc: 5.77mg (38.45%), Vitamin B12: 2.1µg (35.07%), Manganese: 0.68mg (34.17%), Calcium: 335.19mg (33.52%), Vitamin B6: 0.54mg (26.94%), Vitamin B3: 5.33mg

(26.66%), Iron: 4.06mg (22.56%), Potassium: 754.38mg (21.55%), Copper: 0.4mg (20.1%), Vitamin B2: 0.33mg (19.59%), Fiber: 4.57g (18.28%), Magnesium: 63.56mg (15.89%), Vitamin K: 16.1µg (15.34%), Vitamin C: 11.48mg (13.91%), Vitamin E: 1.7mg (11.3%), Vitamin B1: 0.16mg (10.85%), Vitamin B5: 1.02mg (10.18%), Folate: 39.43µg (9.86%), Vitamin D: 0.23µg (1.5%)