



## Marchetti

 Dairy Free

READY IN



**60 min.**

SERVINGS



**12**

CALORIES



**392 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 16 ounce extra wide egg noodles dry
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 pounds ground beef
- ☐ 4 ounce mushrooms sliced
- ☐ 1 onion chopped
- ☐ 1.5 cups processed american cheese shredded

☐ 12 servings salt and pepper to taste

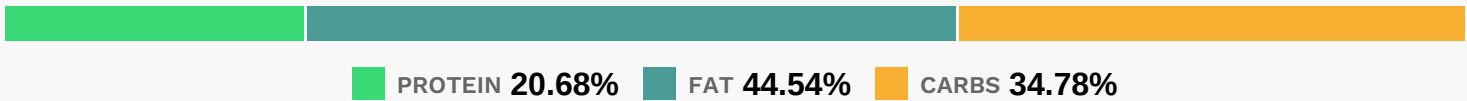
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C.)
- ☐ Place ground beef and onion in a large, deep skillet. Cook over medium high heat until meat is evenly brown, and onion is tender.
- ☐ Drain excess fat. Stir in noodles, condensed tomato soup, condensed mushroom soup, sliced mushrooms and 1 cup cheese. Season with garlic powder, salt and pepper.
- ☐ Pour into a 9x13 inch baking dish.
- ☐ Sprinkle top with remaining 1/2 cup cheese.
- ☐ Bake in preheated oven for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.29, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:14.796956528788%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

## Nutrients (% of daily need)

Calories: 392.3kcal (19.61%), Fat: 19.34g (29.76%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 32.15g (11.69%), Sugar: 3.77g (4.19%), Cholesterol: 90.78mg (30.26%), Sodium: 808.82mg (35.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.41%), Selenium: 43.53µg (62.18%), Phosphorus: 319.14mg (31.91%), Vitamin B12: 1.63µg (27.16%), Zinc: 3.92mg (26.16%), Manganese: 0.46mg (23.23%), Calcium: 213.19mg (21.32%), Vitamin B3: 4mg (20.01%), Vitamin B6: 0.33mg (16.4%), Potassium: 487.36mg (13.92%), Iron: 2.33mg (12.93%), Vitamin B2: 0.22mg (12.85%), Copper: 0.25mg (12.63%), Magnesium: 43.27mg (10.82%), Vitamin B5: 0.9mg (9.01%), Vitamin B1: 0.12mg (7.94%), Fiber: 1.83g (7.33%), Vitamin A: 288.55IU (5.77%), Folate: 21.49µg (5.37%), Vitamin C: 4.15mg (5.03%), Vitamin E: 0.6mg (4.01%), Vitamin K: 2.51µg (2.39%), Vitamin D: 0.29µg (1.96%)