



Minestrone Hamburger Helper® Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 1 box hawaiian rolls
- 1 cup water
- 0.5 teaspoon seasoning italian
- 1 cup celery stalks sliced
- 15.3 oz corn whole undrained canned
- 14.5 oz canned tomatoes diced organic undrained canned

1 serving parmesan cheese grated

Equipment

frying pan

oven

Directions

Heat oven to 400°F. In 12-inch skillet, cook beef, onion and garlic over medium-high heat, stirring frequently, until beef is brown; drain.

Stir in uncooked Pasta, Sauce

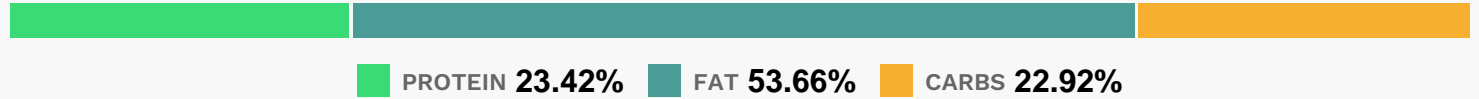
Mix and remaining ingredients except cheese.

Pour into ungreased 3-quart casserole.

Cover; bake 45 minutes.

Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:1.85, Inflammation Score:-4, Nutrition Score:12.616956438707%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 297.66kcal (14.88%), Fat: 17.8g (27.38%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 15.22g (5.54%), Sugar: 3.83g (4.26%), Cholesterol: 58.03mg (19.34%), Sodium: 362.96mg (15.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.96%), Vitamin B12: 1.69µg (28.09%), Zinc: 3.82mg (25.49%), Vitamin B3: 4.69mg (23.43%), Phosphorus: 211.7mg (21.17%), Selenium: 13.76µg (19.66%), Vitamin B6: 0.39mg (19.38%), Potassium: 565.18mg (16.15%), Iron: 2.68mg (14.86%), Manganese: 0.23mg (11.48%), Vitamin B2:

0.19mg (11.22%), Vitamin C: 9.2mg (11.15%), Folate: 44.55µg (11.14%), Copper: 0.22mg (10.8%), Vitamin K: 11.11µg (10.59%), Magnesium: 40.42mg (10.11%), Calcium: 97.33mg (9.73%), Vitamin E: 1.27mg (8.47%), Fiber: 1.88g (7.53%), Vitamin B1: 0.11mg (7.19%), Vitamin B5: 0.65mg (6.49%), Vitamin A: 269.28IU (5.39%)