



Minestrone Hamburger Helper® Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

15.3 oz corn whole undrained canned

Equipment

frying pan

oven

Directions

Heat oven to 400F. 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

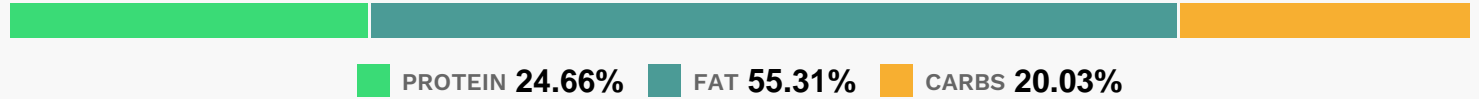
Mix and remaining ingredients except cheese.

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:-5, Nutrition Score:16.234347841014%

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: 402.91kcal (20.15%), Fat: 24.8g (38.15%), Saturated Fat: 10.65g (66.58%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 18.32g (6.66%), Sugar: 3.85g (4.28%), Cholesterol: 79.78mg (26.59%), Sodium: 800.46mg (34.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Phosphorus: 370.2mg (37.02%), Vitamin B12: 2.02µg (33.72%), Zinc: 4.91mg (32.71%), Selenium: 22.51µg (32.16%), Calcium: 318.33mg (31.83%), Vitamin B3: 4.71mg (23.53%), Vitamin B6: 0.41mg (20.39%), Potassium: 611.18mg (17.46%), Vitamin B2: 0.28mg

(16.29%), Iron: 2.79mg (15.49%), Manganese: 0.25mg (12.55%), Magnesium: 49.17mg (12.29%), Folate: 46.05µg (11.51%), Copper: 0.23mg (11.3%), Vitamin C: 9.2mg (11.15%), Vitamin K: 11.54µg (10.99%), Vitamin A: 485.53IU (9.71%), Vitamin E: 1.4mg (9.32%), Vitamin B1: 0.11mg (7.64%), Fiber: 1.88g (7.53%), Vitamin B5: 0.73mg (7.3%), Vitamin D: 0.23µg (1.5%)