



Nanny's Goulash



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes whole with liquid, chopped peeled canned
- ☐ 0.5 tablespoon basil dried
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 teaspoon garlic salt
- ☐ 1 bell pepper green cut into 1/2 inch pieces
- ☐ 1 pound ground beef lean
- ☐ 4 tablespoons olive oil
- ☐ 0.5 tablespoon paprika

- ☐ 1 bell pepper red cut into 1/2 inch pieces
- ☐ 1 small onion red sliced
- ☐ 0.5 teaspoon pepper white
- ☐ 1 zucchini sliced

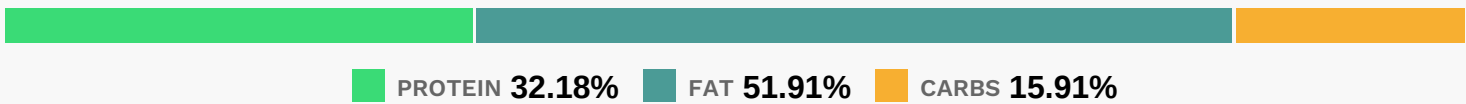
Equipment

- ☐ frying pan
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ In a large skillet, brown the ground beef.
- ☐ Remove beef with a slotted spoon and discard fat.
- ☐ Return skillet to stove, heat olive oil over medium-high heat. Stir in mushrooms, green and red peppers, squash, onion, paprika, basil, garlic salt, and pepper; cook for five minutes, stirring occasionally.
- ☐ Reduce heat to medium. Stir in beef and tomatoes; simmer about 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:19.230869573096%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 230.96kcal (11.55%), Fat: 13.64g (20.98%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.58g (2.39%), Sugar: 5.35g (5.94%), Cholesterol: 46.87mg (15.62%), Sodium: 542.92mg (23.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.06%), Vitamin C: 55.74mg (67.57%), Vitamin B3: 6.54mg (32.7%), Vitamin B6: 0.61mg (30.31%), Zinc: 4.4mg (29.36%), Vitamin B12: 1.71µg (28.48%), Selenium: 16.97µg (24.24%), Vitamin A: 1130.02IU (22.6%), Phosphorus: 225.1mg (22.51%), Vitamin B2: 0.38mg (22.4%), Potassium: 721.52mg (20.61%), Iron: 3.47mg (19.26%), Vitamin E: 2.66mg (17.74%), Vitamin K: 17.93µg (17.08%), Copper: 0.28mg (13.98%), Vitamin B5: 1.32mg (13.21%), Manganese: 0.26mg (12.8%), Fiber: 2.83g (11.31%), Magnesium: 43.21mg (10.8%), Folate: 39.45µg (9.86%), Vitamin B1: 0.14mg (9.32%), Calcium: 51.57mg (5.16%), Vitamin D: 0.15µg (1.01%)