



One-Dish Beef and Mushroom Skillet Dinner

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounce beef broth canned
- 14.5 ounce canned tomatoes diced canned
- 10.8 ounce cream of mushroom soup canned
- 0.1 teaspoon garlic powder
- 1 pound ground beef
- 1 medium onion chopped
- 1.5 cups soup noodles corkscrew-shaped uncooked
- 0.5 teaspoon thyme leaves dried crushed

1 small zucchini sliced

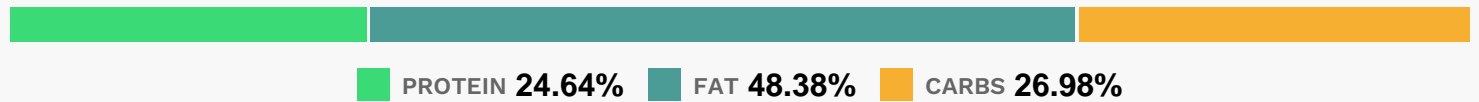
Equipment

frying pan

Directions

- Cook the beef, onion and garlic in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate the meat.
- Pour off any fat.
- Stir the soup, broth, thyme, tomatoes and zucchini in the skillet.
- Heat to a boil. Stir in the pasta. Reduce the heat to low and cook for 15 minutes or until the pasta is tender.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:9.53, Inflammation Score:-7, Nutrition Score:21.411738882894%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 472.65kcal (23.63%), Fat: 25.43g (39.12%), Saturated Fat: 9.84g (61.49%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 28.27g (10.28%), Sugar: 7.03g (7.81%), Cholesterol: 84.32mg (28.11%), Sodium: 1033.53mg (44.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.26%), Selenium: 32.59µg (46.55%), Vitamin B12: 2.6µg (43.35%), Zinc: 6.32mg (42.14%), Vitamin B3: 7.87mg (39.34%), Manganese: 0.73mg (36.73%), Vitamin B6: 0.67mg (33.69%), Phosphorus: 306.19mg (30.62%), Iron: 4.7mg (26.13%), Potassium: 913.43mg (26.1%), Copper: 0.5mg (25.14%), Vitamin C: 17.17mg (20.81%), Vitamin B2: 0.33mg (19.56%), Magnesium: 67.11mg (16.78%), Fiber: 3.63g (14.52%), Vitamin B1: 0.19mg (12.62%), Vitamin E: 1.82mg (12.11%), Vitamin B5: 1.21mg (12.07%), Folate: 44.63µg (11.16%), Vitamin K: 8.89µg (8.47%), Calcium: 79.72mg (7.97%), Vitamin A: 292.38IU (5.85%)