



Plantation

READY IN



30 min.

SERVINGS



8

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese
- 10.8 ounce cream of mushroom soup canned
- 10 ounce extra wide egg noodles
- 5 ounce evaporated milk canned
- 1 pinch garlic powder to taste
- 2 pounds ground beef
- 1 pinch onion powder to taste
- 1 pinch salt and pepper to taste
- 8 ounce mozzarella cheese shredded

10 ounce kernel corn whole drained canned

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add noodles, and cook until tender, about 7 minutes.

Drain.

Meanwhile, crumble the ground beef into a large skillet over medium-high heat. Season with onion powder, garlic powder, salt and pepper; cook and stir until evenly browned.

Drain off grease.

Stir the cream cheese and cream of mushroom soup into the ground beef until well blended.

Mix in the drained noodles and corn. Stir in evaporated milk to reach your desired consistency. Top with mozzarella cheese, and serve.

Nutrition Facts



PROTEIN 21.44% **FAT 57.33%** **CARBS 21.23%**

Properties

Glycemic Index:12.88, Glycemic Load:11.19, Inflammation Score:-5, Nutrition Score:20.87217367732%

Nutrients (% of daily need)

Calories: 682.23kcal (34.11%), Fat: 43.1g (66.31%), Saturated Fat: 19.92g (124.52%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 34.66g (12.6%), Sugar: 3.81g (4.24%), Cholesterol: 168.35mg (56.12%), Sodium: 701.77mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.26g (72.53%), Selenium: 52.62µg (75.17%), Vitamin B12: 3.33µg (55.46%), Zinc: 7.05mg (47%), Phosphorus: 457.26mg (45.73%), Vitamin B3: 6.25mg (31.23%), Vitamin B2: 0.43mg (25.26%), Calcium: 252.45mg (25.24%), Vitamin B6: 0.49mg (24.72%), Manganese: 0.46mg (23.15%), Iron: 3.41mg (18.96%), Potassium: 595.78mg (17.02%), Magnesium: 59.02mg (14.76%), Copper: 0.27mg (13.67%), Vitamin B5: 1.28mg (12.8%), Vitamin A: 636.69IU (12.73%), Vitamin B1: 0.15mg (9.73%), Folate: 37.2µg (9.3%), Vitamin E: 0.92mg (6.15%), Fiber: 1.27g (5.06%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.35µg (2.34%), Vitamin C: 0.97mg (1.17%)