



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

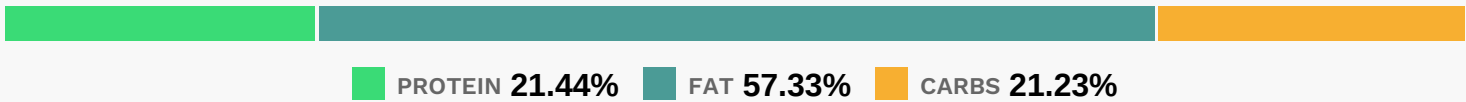
☐ frying pan

☐ 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



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%)