



Poverty Meal



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces elbow macaroni uncooked
- ☐ 2 garlic cloves minced
- ☐ 1 lb ground beef drained
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 4 servings bell pepper to taste
- ☐ 4 servings salt to taste
- ☐ 32 ounce stewed tomatoes canned

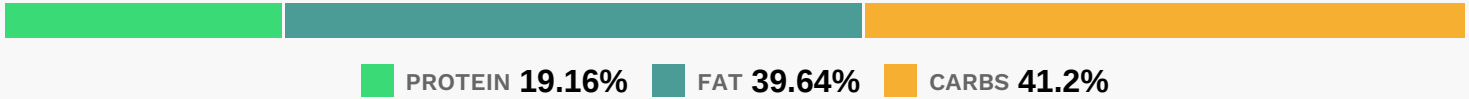
☐ 16 ounce water canned

Equipment

Directions

- ☐ Saute onions and garlic in olive oil until translucent.2 Brown ground beef and drain.3
- ☐ Add ground beef, tomatoes, water, raw macaroni, salt and pepper to the onion and garlic mixture.4 Cook for 15 to 20 minutes or until macaroni is tender.5 If desired, top with Parmesan cheese.6
- ☐ Serve with crusty bread and a salad.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:32.052608645481%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 624.9kcal (31.24%), Fat: 27.74g (42.67%), Saturated Fat: 9.46g (59.13%), Carbohydrates: 64.87g (21.62%), Net Carbohydrates: 58.55g (21.29%), Sugar: 14.23g (15.81%), Cholesterol: 80.51mg (26.84%), Sodium: 784.86mg (34.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.17g (60.35%), Vitamin C: 116.52mg (141.24%), Selenium: 54.68µg (78.11%), Vitamin A: 2723.57IU (54.47%), Zinc: 6.2mg (41.36%), Manganese: 0.82mg (41.12%), Vitamin B3: 8.16mg (40.8%), Vitamin B12: 2.43µg (40.45%), Vitamin B6: 0.77mg (38.29%), Phosphorus: 364.23mg (36.42%), Iron: 6.4mg (35.55%), Potassium: 1120.12mg (32%), Vitamin E: 4.1mg (27.33%), Copper: 0.54mg (26.86%), Fiber: 6.32g (25.26%), Magnesium: 90.75mg (22.69%), Vitamin B2: 0.36mg (20.96%), Folate: 70.92µg (17.73%), Vitamin B1: 0.26mg (17.64%), Vitamin B5: 1.36mg (13.63%), Calcium: 129.54mg (12.95%), Vitamin K: 13.47µg (12.83%)